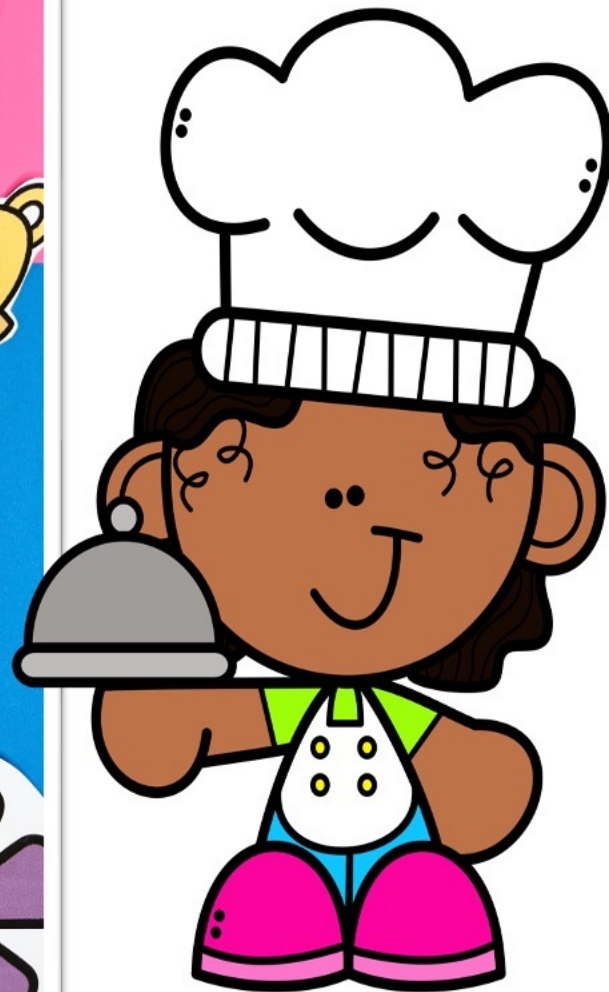
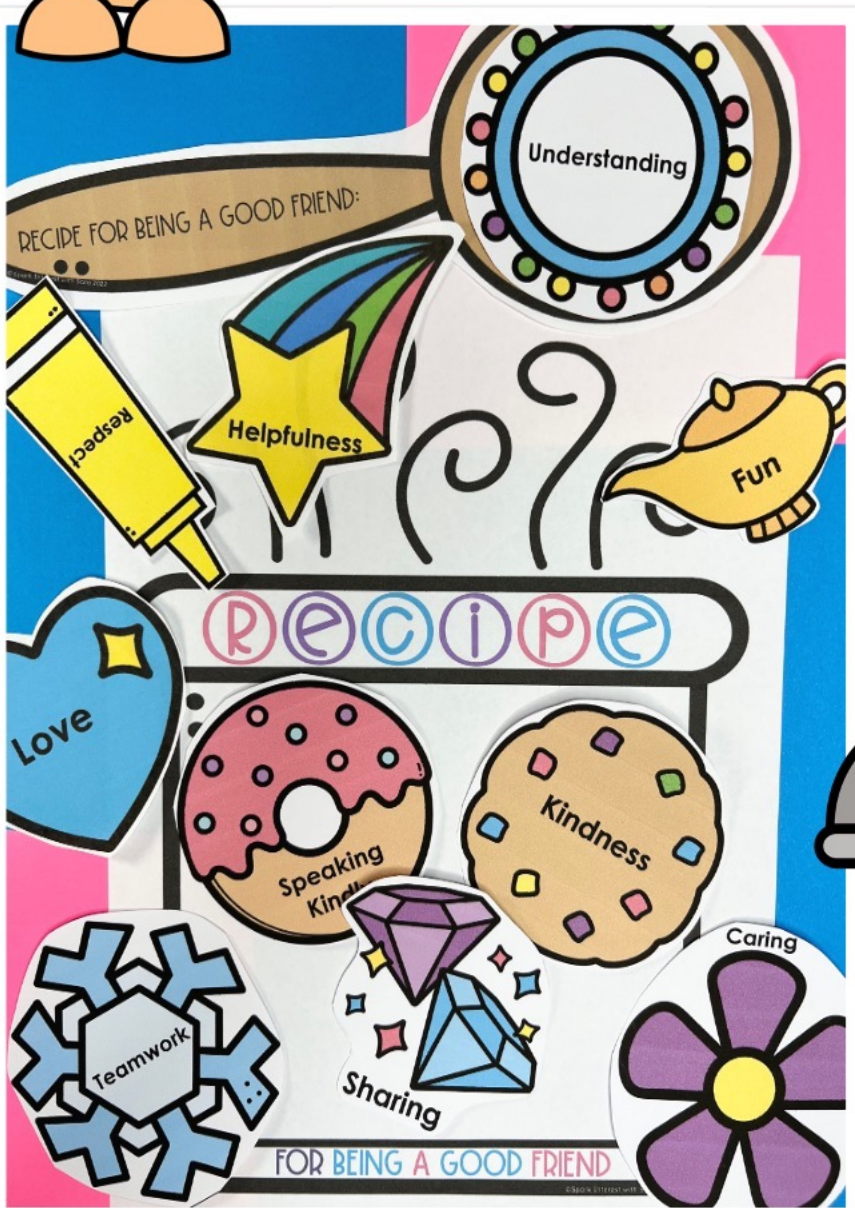


RECIPE FOR BEING

a Good Friend

PREVIEW

BY SARA-JANE LAI





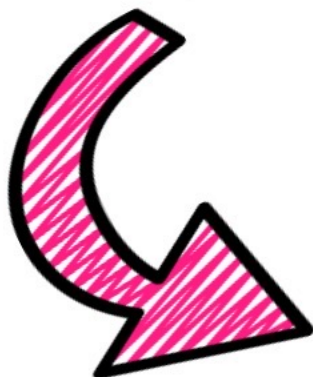
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DETAILED LESSON PLANS

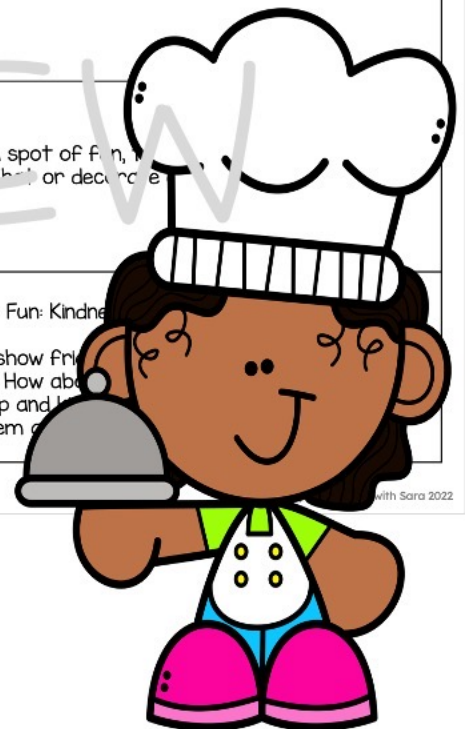
INCLUDED ARE DETAILED LESSON PLANS—
NO PLANNING NEEDED!

Spark Interest WITH SARA		LESSON PLAN: RECIPE FOR BEING A GOOD FRIEND	
OBJECTIVE	To reinforce the qualities of friendship in a fun and interactive way.		
MATERIALS	<div><div><div><div><div><div></div><div>Recipe Recording Sheet A</div></div><div><div></div><div>Recipe Recording Sheet B</div></div></div><div><div></div><div>Recipe Recording Sheet C</div></div><div><div></div><div>Recipe Recording Sheet D</div></div></div></div><div><div><div><div><div></div><div>Recipe Recording Sheet A</div></div><div><div></div><div>Recipe Recording Sheet B</div></div></div><div><div></div><div>Recipe Recording Sheet C</div></div><div><div></div><div>Recipe Recording Sheet D</div></div></div></div></div> <div><div><div><div><div></div><div>Recipe Recording Sheet A</div></div><div><div></div><div>Recipe Recording Sheet B</div></div></div><div><div></div><div>Recipe Recording Sheet C</div></div><div><div></div><div>Recipe Recording Sheet D</div></div></div></div>		
CASEL — SEL COMPETENCIES ALIGNMENT	<div><div><div><div><div></div><div>1. Self Awareness: The abilities to understand one's own emotions, thoughts, and values and how they can influence behavior.</div></div><div><div></div><div>2. Relationship Skills: The abilities to establish and maintain healthy and supportive relationships, to effectively navigate settings with diverse individuals and groups.</div></div></div></div></div>		
INTRODUCTION	<div><div><div><div><div></div><div>1. Put on your chef's hat and apron & tell the children we will be making something for our class 'kitchen'.</div></div><div><div></div><div>2. Invite the children to suggest what we need when we want to cook something. Children name things, layout the printed Wooden Spoon & All the Ingredients.</div></div></div></div></div>		
DISCUSSION	<div><div><div><div><div></div><div>1. Tell the children we will be making a Recipe for Being a Good Friend. Having a good Friendship is like having a beautiful cake that tastes amazing!</div></div><div><div></div><div>2. We need ingredients to make a good Friendship. Present the ingredients and ask each child to come up, choose an ingredient to add to the pot.</div></div><div><div></div><div>3. As the children choose a positive/negative ingredient discuss how this quality can make us a good friend.</div></div></div></div></div>		
ACTIVITY	<div><div><div><div><div></div><div>1. Using the Recipe Recording Sheets provided, the children create their own Recipe for Being a Good Friend.</div></div></div></div></div>		
WIND-UP	<div><div><div><div><div></div><div>For a spot of fun, have the children choose a 'chef's hat' or 'decorative ingredient' to add to their recipe.</div></div></div></div></div>		
ADDED PRACTICE	<div><div><div><div><div></div><div>Just for Fun: Kindness</div></div><div><div></div><div>You can show Friendship anytime. How about giving them a compliment?</div></div></div></div></div>		

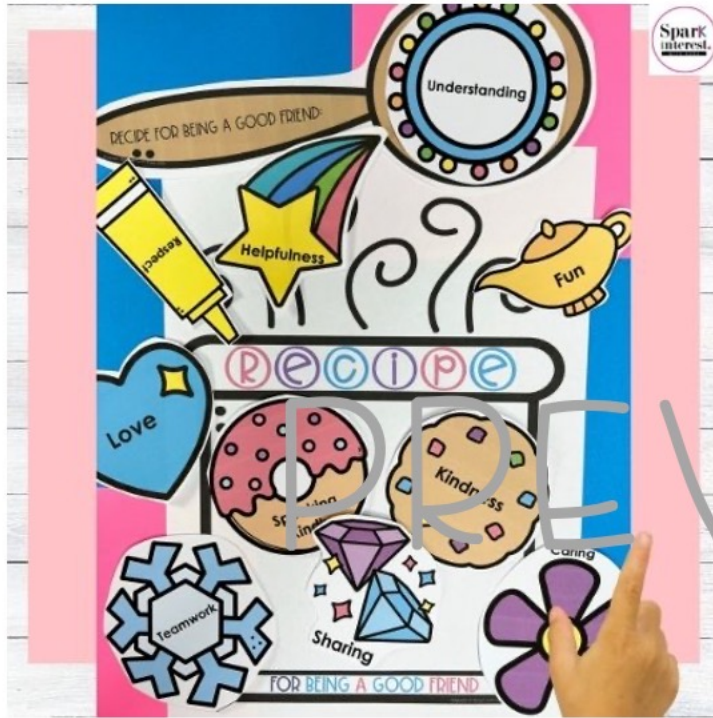
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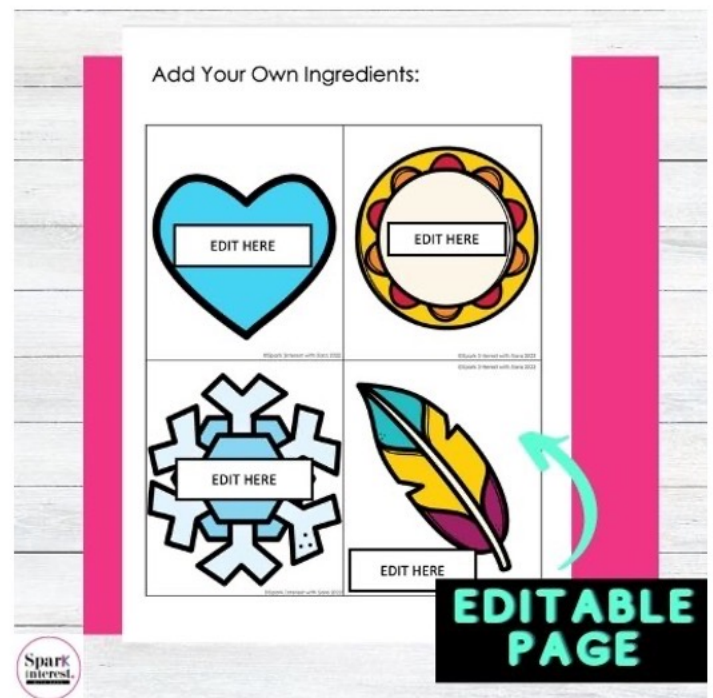
DISCUSSION SORT:

❁ WHAT INGREDIENTS
DO WE NEED
FOR FRIENDSHIP?

❁ POSITIVE &
NEGATIVE QUALITIES
INCLUDED

❁ AN EDITABLE
INGREDIENTS PAGE

TO ADD YOUR OWN
INGREDIENTS FOR BEING A
GOOD FRIEND!



RECORDING SHEETS

PREVIEW



3 VERSIONS

CRAFT TO MAKE LEARNING FUN



 MAKE YOUR OWN
CHEF'S HAT



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