

Monday 11th January PSHE Task

A Recipe for Friendship

Normally in PSHE we would complete a circle time with personal reflection and group discussion followed by a short task. Today we will carry on our theme of relationships we started last Monday, and we will look at friendships.

Thinking time: What qualities do you look for in a friend? What makes a good friend?

Label these qualities from 1 – 10. 1 being the most important, 10 being the least important. This is your opinion so it may be different to other people. Discuss with a grown up.

<input type="checkbox"/> Kind	<input type="checkbox"/> Funny	<input type="checkbox"/> Honest	<input type="checkbox"/> Sporty
<input type="checkbox"/> Loyal	<input type="checkbox"/> Trustworthy	<input type="checkbox"/> Helpful	<input type="checkbox"/> Fun
<input type="checkbox"/> Energetic	<input type="checkbox"/> Chatty		

Task: Look at the example of a recipe for friendship below. Look carefully at the format and the language it uses. Use this example to write your own recipe for friendship with the qualities that are important to you. You can complete this task on a piece of paper, feel free to design it however you like 😊

A Recipe for Friendship

You will need:

- ♥ a pinch of happiness
- ♥ 1 handful of kindness
- ♥ 2 spoonfuls of gentleness
- ♥ 1 litre of sharing
- ♥ a teaspoonful of helpfulness
- ♥ 3 heaped tablespoons of laughter
- ♥ 50g of smiles
- ♥ a sprinkling of cheerfulness
- ♥ 100g of love



Method:

Mix all these together. Then you will have the perfect friend.