

FHJS Friendology Forum

Whilst you are waiting for the talk to begin, please feel free to have a flick through the girls Friendology Journals.

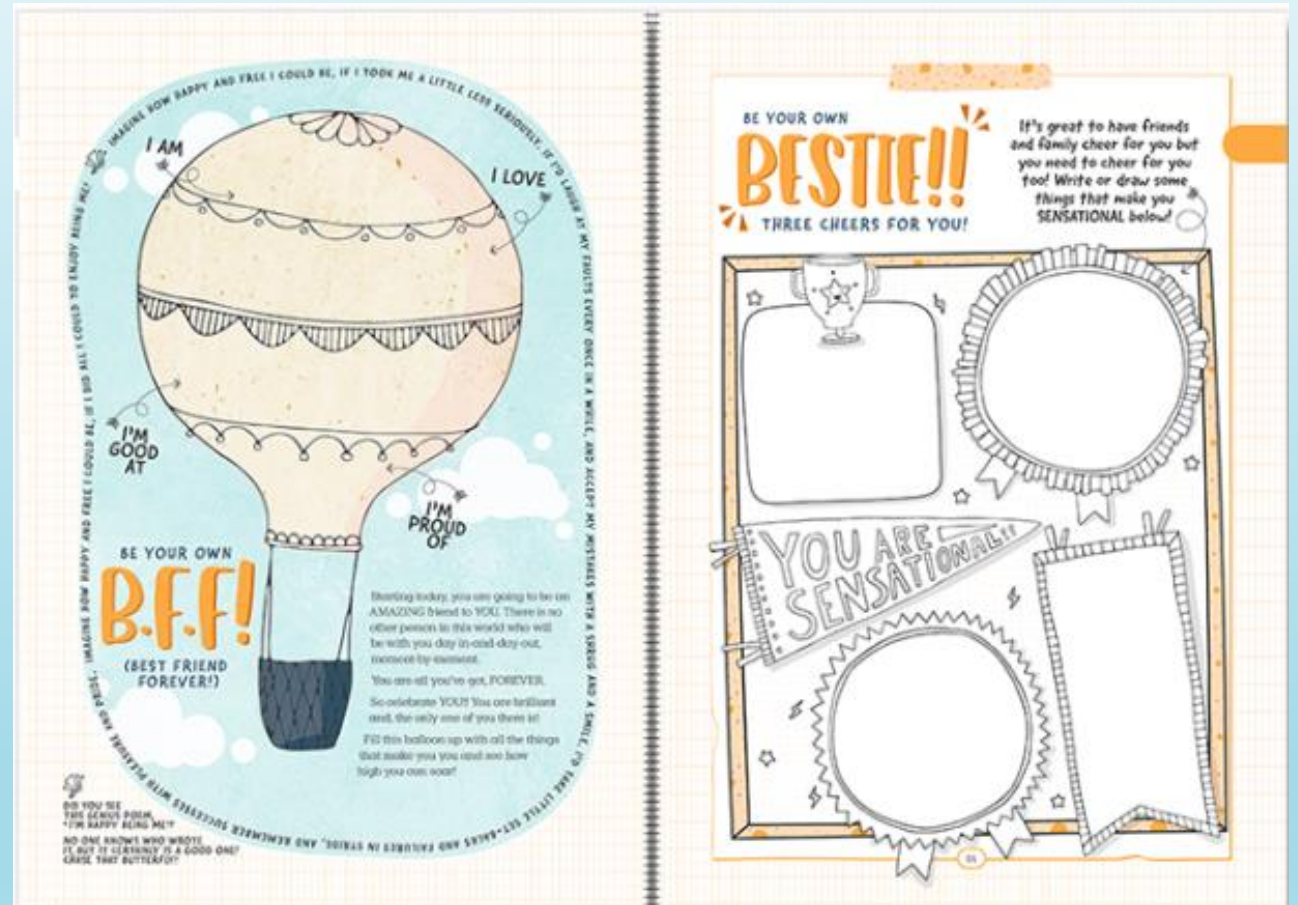


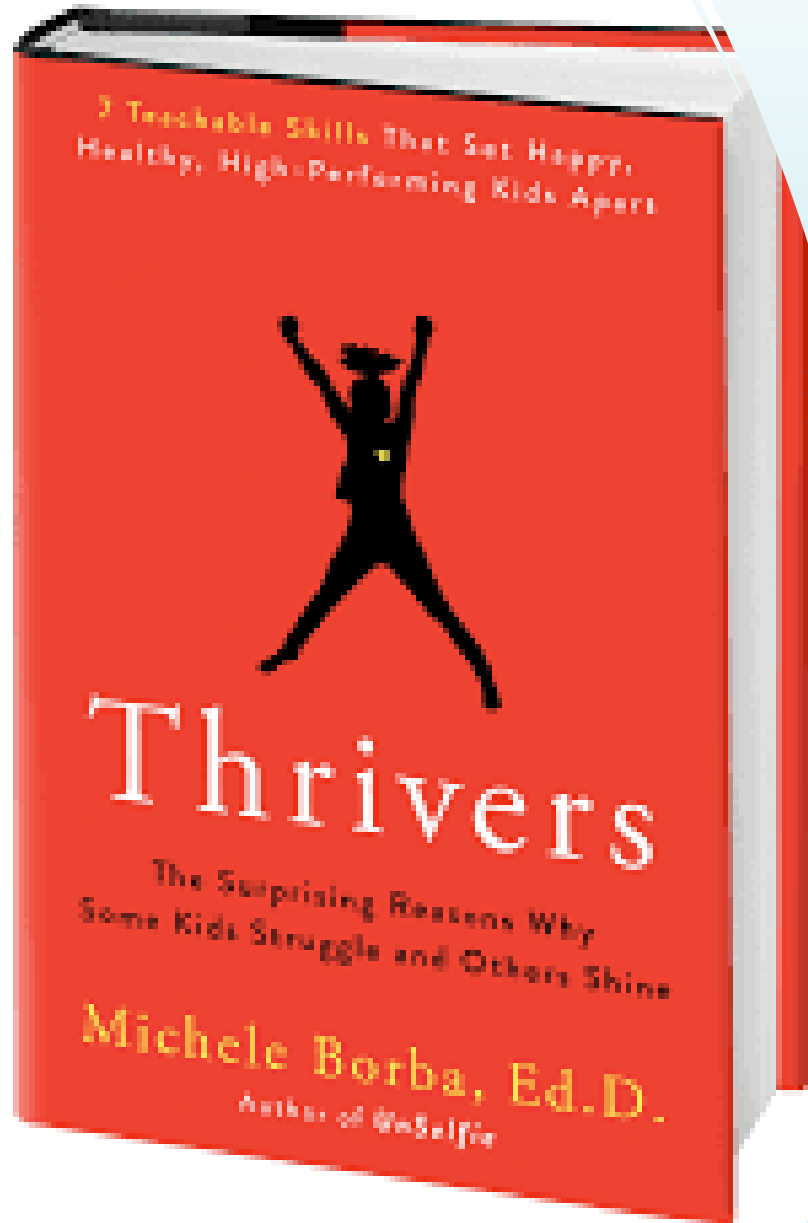
Friendology Journals

Year 1 and 2: Reflecting the concepts taught in Friendology, the Friendship Journal for this age group helps kids learn our core concepts in a fun and playful way. From colouring-in to word searches to matching activities, students apply their Friendship Ninja skills throughout the diary.

Year 3 & 4: We're bringing the concepts taught in Friendology to life in this Friendship Journal while, at the same time, helping this age group learn important organisational skills.

Year 5 & 6: Social-Emotional Learning meets Executive Functioning Skills with this annual planner. As always, everything we do is through the lens of friendship, so this Friendship Journal provides pupils with lots of opportunities to reflect on the concepts taught in Friendology.





Why We Chose Friendology

- Thrivers
- Continue to cultivate a culture of kindness in the school community
- Empowering the girls to deal with 'normal' conflicts
- Giving staff a vocabulary and strategies to support friendship development



FRANCIS HOLLAND SCHOOL
SLOANE SQUARE

[CLICK TO PLAY VIDEO](#)

The Impact Friendology Has Had in Our School

Girls using a common language to help solve friendship issues

Teachers feeling more empowered to work with conflict resolution

Girls having the confidence to solve conflict and manage friendship

Explicitly learning skills to make new friends and build stronger relationships



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SLOANE SQUARE

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Lesson Structure and What We Are Teaching

EARLY YEARS:

1. Inner Ninja
2. True Colours
3. Making Friends
4. Friendship Facts
5. Friend-o-Meter
6. Friendship Fires®
7. Tricky Situations
8. Kind + Strong



TRICKY SITUATIONS:

Sharing, Taking Turns, Fairness

YEARS 1&2:

1. Inner Ninja
2. True Colours
3. Making Friends
4. Friendship Facts
5. Friend-o-Meter
6. Friendship Fires®
7. Tricky Situations
8. Kind + Strong



TRICKY SITUATIONS:

Birthday Parties & Playdates, Saying No ("No, because..."), Boss of You

YEARS 3&4:

1. Inner Ninja
2. Making Friends
3. Friendship Facts
4. Friend-o-Meter
5. Friendship Fires®
6. Mean-on-Purpose
7. Tricky Situations
8. Kind + Strong



TRICKY SITUATIONS:

Birthday Parties, Saying No (Ways to Kindly Decline), Caught in the Middle, Stealing Friends, Following & Copying

YEARS 5&6:

1. Inner Ninja
2. Friendship Facts
3. Friend-o-Meter
4. Friendship Fires®
5. Mean-on-Purpose
6. Tricky Situations
7. Friendship Groups
8. Kind + Strong



TRICKY SITUATIONS:

Saying No (Ways to Kindly Decline), Caught in the Middle, Gossip, Friendships Online



Overview

Snatching toys, feeling left-out, getting bossed around... Let's address some common, hot topics for kids this age!

Objective

This session highlights hot topics for this age group including: playdates & birthday parties, how to say "No!" in a kind way, and how to respond to feeling bossed around.

[Watch Lesson →](#)

Selection of Lesson Videos

- Year 1 and 2: Tricky Situations
- Year 3 and 4: Friendship Fires
- Year 5 and 6: Friendship Groups

NAMING CONFLICT

HAVE YOU GOT A



Language We Would Love You To Use At Home

- URSTRONG'S -

FRIEND-O-CYCLE!

CORE CONCEPT!

The Friend-o-Cycle walks kids through the normal cycle of conflict in a healthy friendship. Students learn how to **Talk-it-Out** to put out their **Friendship Fires**®. They discover how resolving conflicts improves their friendships.

- URSTRONG'S -

FRIEND-O-METER!

CORE CONCEPT!

The Friend-o-Meter is a visual tool used to help children think about how they are feeling in their friendships. Students learn that it's normal for a friendship to sometimes dip into the **Red-Zone** and how to get friendships back to the **Green-Zone**.

Spend the **MOST** time in **Green-Zone** friendships!

- URSTRONG'S -

FRIENDSHIP FIRE OR MEAN-ON-PURPOSE?

HAVE YOU GOT A **FRIENDSHIP FIRE?** OR WAS SOMEONE **MEAN-ON-PURPOSE?**

CORE CONCEPT!

Students learn how to differentiate and manage conflict in friendships.

Friendship Fire®: normal conflicts like hurt feelings, disagreements, or misunderstandings

Mean-on-Purpose: intentionally cruel, rude, malicious behaviour designed to be hurtful.

Did you **Talk-it-Out**?

1. Explain how you felt
2. Retell the situation

Did you say your **Quick Comeback**? Did you use a strong voice and immediately walk away?

- URSTRONG'S -

4 FRIENDSHIP FACTS!

CORE CONCEPT!

The 4 Friendship Facts help children to understand what is normal in a friendship. They allow students to set realistic expectations in their friendships, so they can distinguish between healthy and unhealthy relationships.

#1 NO FRIENDSHIP (RELATIONSHIP) IS PERFECT.

#2 EVERY FRIENDSHIP IS DIFFERENT.

#3 TRUST & RESPECT ARE THE TWO MOST IMPORTANT QUALITIES OF A FRIENDSHIP.

#4 FRIENDSHIPS CHANGE... AND THAT'S OKAY!

Any
Questions?

