

Friendship and Kindness Pack

Guidance Notes for Teachers

A simple but effective pack which can be used in many different ways to support whole school days and international days of celebration. Use the friendship bracelets as a keepsake for each pupil. Keep the felt hearts as a classroom resource.



Contents:

30 x Friendship Bracelets
7 x Felt Hearts

Please note contents and designs may vary.



The items in the Friendship and Kindness Pack shown in the pictures on the left can be used in KS1 and KS2 classrooms.

- Create cross-curricular links and cover elements of the PSED, PSHE and Literacy curriculum.
- Use alongside celebration days, including Empathy Day, International Day of Friendship and World Kindness Day.
- Each pupil keeps a friendship bracelet as a memento of the day.
- The pack could be used for Valentine's Day to celebrate the friendship aspect of the day.



Activity 1 – Whole Class Circle Time

- Talk about the circle being a safe space for pupils to be treated respectfully.
- Support discussions about friendship, kindness, empathy, respect, positivity, and teamwork.
- The felt hearts can be passed around the circle as pupils are talking. A single heart could be used to indicate that someone holding the heart is the person talking.

Activity 2 – PSED

- Pupils work in small groups to focus upon one aspect of friendship.
- Consider kindness, empathy, respect, positivity, turn taking and teamwork.
- Mind map examples of the given key word and share what the word means to them.

Activity 3 – Art and Design

- Arrange a Day of Friendship when pupils can make gifts and fulfil acts of kindness.
- Use a variety of materials to design and make a range of different hearts.
- Design a friendship poster which lists all the qualities of a good friend.

Activity 4 – Art and Design and Literacy

- Design and create friendship bracelets.
- Use online resources to explore knotting techniques to create more intricate bracelets.
- Give the bracelet to a recipient with a friendship letter.

Information Points to be used for demonstration and discussion

➤ Friendship bracelets

According to an old Central American indigenous story, friendship bracelets are to be bought or made for another person. The recipient of a friendship bracelet is then entitled to a wish but must wear the gift until the woven cords eventually wear out and break. Only after the bracelet breaks naturally will the wish come true.

➤ Fair Trade

Fair Trade is a worldwide movement that aims to help producers in less economically developed countries, whether they be handicraft producers or farmers. The term Fair Trade means that producers receive a fair price for the goods they produce.

Each item included in this pack can be a way to teach and learn about the principles of Fair Trade. Teaching the principles of Fair Trade provides learning opportunities in many areas of learning, including PSED, Understanding the World and Geography. The items have been sourced by a BAFTS recognised Fair Trade importer of 20 years. The suppliers of the items in this pack are small family businesses employing only a few people; we try to keep them in continuous work enabling their businesses to grow.

Explore further – What are the 10 Principles of Fair Trade? How does Fair Trade help producers? Research the many organisations around the world, including Fairtrade Foundation, the British Association for Fair Trade Shops and Suppliers (BAFTS) and World Fair Trade Organisation (WFTO).