

MAX AND ALICE

Purpose: To understand how to be a good friend

Learning Focus: Relationship building



Before we begin...

Discuss with a buddy...

1. How do you know if someone is a good friend?



2. Think of a time when you needed a friend. Draw a picture to show what happened, and how your friend helped you.



2. What are some things you can do to show someone that you are their friend?

A large, empty rectangular box with a light gray background, intended for a user to write their answer to the question above.

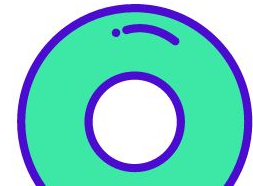
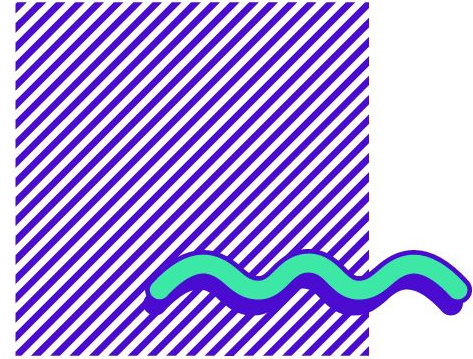


GET READY!

This is a story about how being kind to others can help you to make friends.

CLICK HERE TO READ THE BOOK:

[Max and Alice E-book](#)



Read the book and discuss these questions with your partner or group...

1. Why do you think Alice's parents taught her to smile at people who might be having a hard day?

2. On page 29 we learn that Alice had practised her 'supportive smile' in the mirror. Why do you think Alice needed to practise?



Keep going...

3. Try to find at least 3 ways that Alice shows Max that she is a good friend in this story.



WHAT'S NEXT?

Watch this video on how to be a good friend:



Now have a go at these questions with a buddy or a small group...

1. Write down three ideas from the video that could help you to be a good friend.

2. What is one thing you learned from the video that you could try today with your friends, or someone who might need a friend?





My Thinking Coaches

Here's a couple of 'thinking coaches' that may help. Are there any thinking coaches you want to add to your Personal Thinking Coaches Journal? If so, do it now...

"I am a good friend when I am kind."

"Smiling can show others that I am their friend."

"I can be friends with someone even if they are different to me."

"Being a good friend isn't always easy. It takes practice!"

Now it's time to put your thinking coaches into action...

You are going to make a 'Kindness Calendar'!

Step 1. Draw an empty calendar like this one: →

Or ask your teacher to help you print this one:

[Blank Calendar Template](#)



Keep Going!

Step 2. You are going to set some kindness goals to complete over the next 2 weeks! Write down 10 kind things you can do to show others that you are a good friend.

Here are some examples:

- Tell 3 people something you like about them
- Let someone else go first in line
- Draw a picture for a friend
- Hold the door open for someone
- Play with someone new at lunchtime
- Sit beside someone who is sitting by themselves and talk to them
- Offer to help someone in your class

Step 3. Write each idea on a different day of the week. You should have 1 idea for each school day!

Extra for experts

An alien has come to your school and needs your help to learn how to be a good friend! You will need to write instructions and draw a picture for the alien to help them understand.

Step 1: Write down instructions for the alien on how to be a good friend. Remember to use your Thinking Coaches and everything you learned in the story and the video.





Step 2: Draw a picture of what a good friend looks like, so the alien knows how to show others that they are a friend. E.g. A kind smile or friendly eyes



Step 3: Share your work with a small group or a buddy and see if there are any things you might have missed in your 'How to be a friend' instructions!





Reflection Time

1. Why is it important to practise being a good friend?

2. How does being kind help you to make friends?





3. Which Thinking Coach is your favourite? Have you added this to your Thinking Coaches Journal?

Reflection Time

