

How To Be Normal

Purpose: How to be friendly and how to make good friends.


Learning Focus: Social Engagement



Before we begin..

Discuss these questions with a partner.

1. How important do you think it is to include other people in what you are doing? Are you and your friends good at letting new people into your group?



2. What sorts of things can you do to make other people feel welcome when they are new to your class or school?

3. What could you do if other kids in your class or school were not being welcoming to someone new?



Get Ready!

Charley doesn't fit in with her classmates even though she tries. Read the story to find out what happens when the new girl Amy gets involved.



[How To Be Normal E-book](#)



DISCUSS THESE QUESTIONS WITH A PARTNER OR IN YOUR GROUP...

1. Why do you think Charley wants to 'improve herself'?

2. Why do you think Amy got involved and told Michaela not to 'be a sook'.



KEEP GOING...

3. The author comments that 'Charley's just lost her final shot at becoming normal'. What do you think the author means?

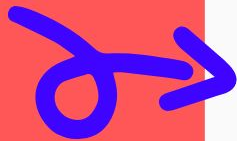
4. Would you keep trying to fit into Michaela's group if you were Charley or would you become friends with Amy? Explain why.





What's next?

Watch this video:



[How to Make Friends](#)

A friend is a person who you know well and who you like a lot, but who is usually not a member of your family. Sometimes making friends is not easy but we can learn how to do it. There are some really good suggestions in this video about how to make friends and about how to be a good friend. The presenter, Rachel, talks very quickly so fasten your seatbelt!



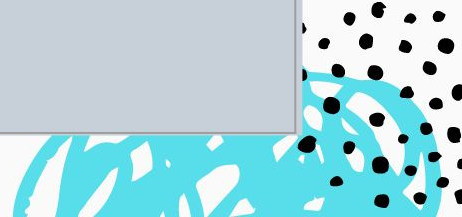
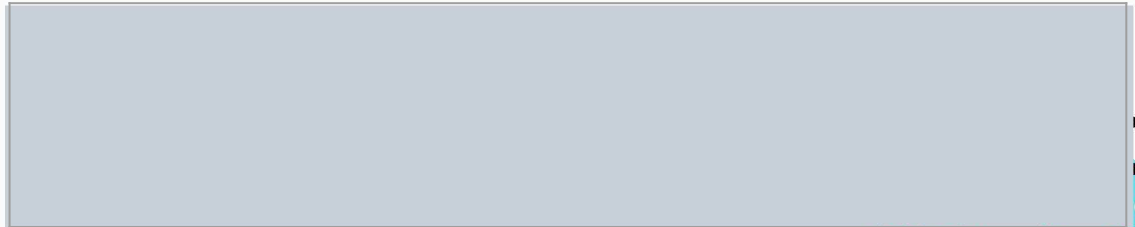


Discuss these questions with your partner or group...

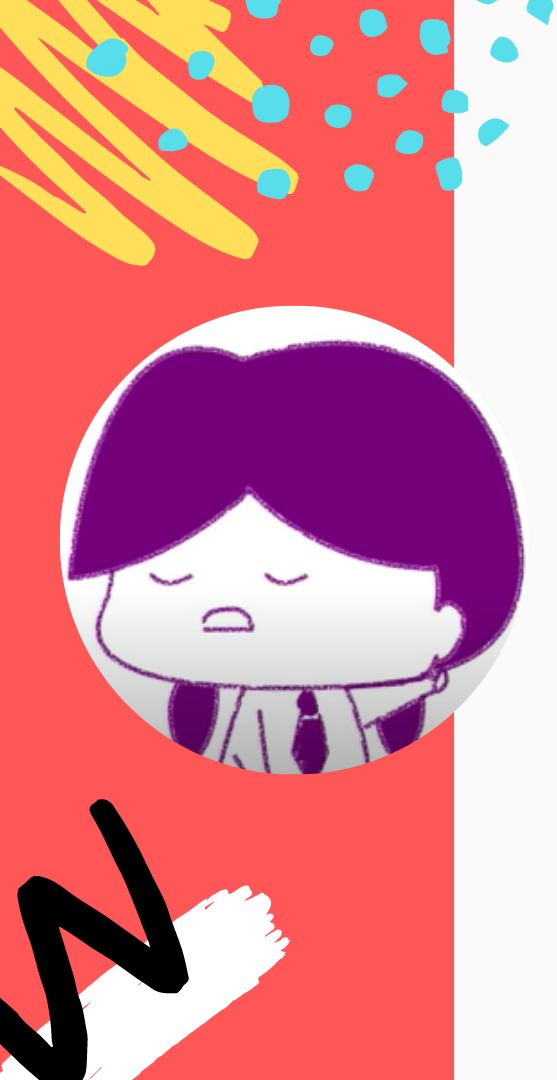
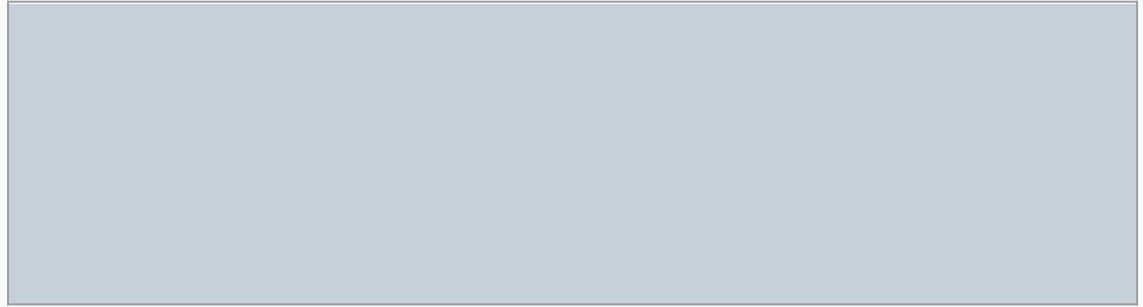
1. Why is 'making an effort' so important?



2. Why do you think people enjoy talking about themselves?



3. Why is being a good listener important when we are talking to other people?





My Thinking Coaches

Here are 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 can be friendly by including others."

"Good friends can be trusted."

"Talking and listening are both important when I am with my friends."

"Listening to what a friend needs helps our friendship grow."

"Letting a friend know what I need also helps our friendship grow."



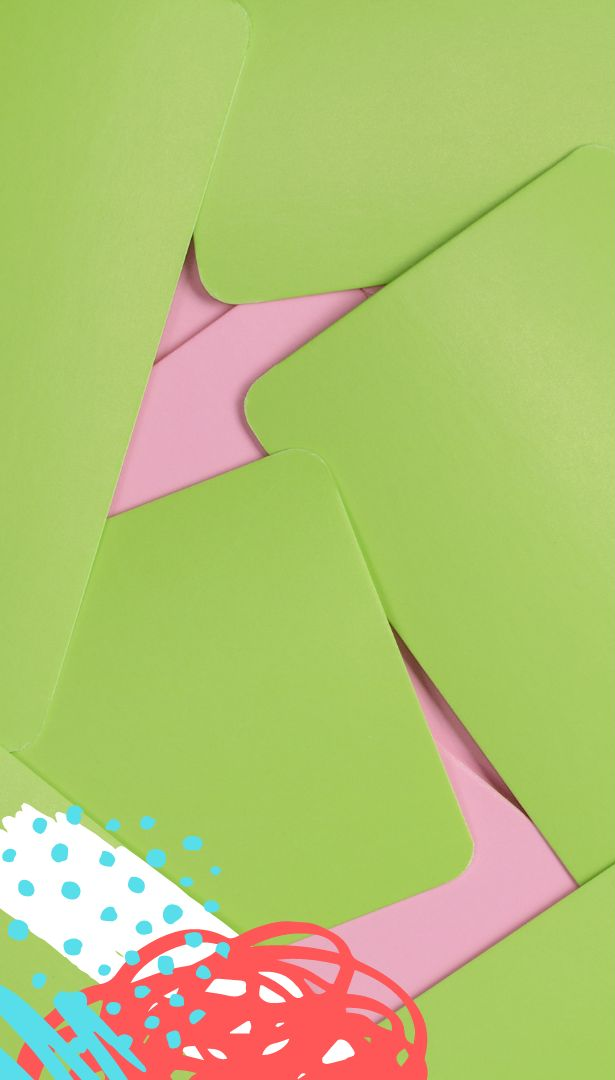


NOW IT'S TIME TO PUT YOUR THINKING COACHES INTO ACTION!

In this activity you will be practising being friendly and including others and talking and listening.

Step 1: Ask some classmates you don't usually work with to be in a group with you. Watch the video again and make a note of the 7 main points. The first one on the next page is done for you.





1. Be slow to judge

2.

3.

4.

5.

6.

7.

Step 2: Write each main point on a card.

Step 3: Put the cards face down on a table or the floor.



Step 4: Each person in the group has a turn to pick up a card and share what they think it means. Remember to listen carefully!

Step 5: Put them back and have another turn – if you pick up the same card swap it for another one!



Extra for Experts



Step 1: Make a book by folding 4 sheets of A4 paper in half and stapling the pages together down the spine.

Step 2: Write one of the 7 main points from the video on each page.

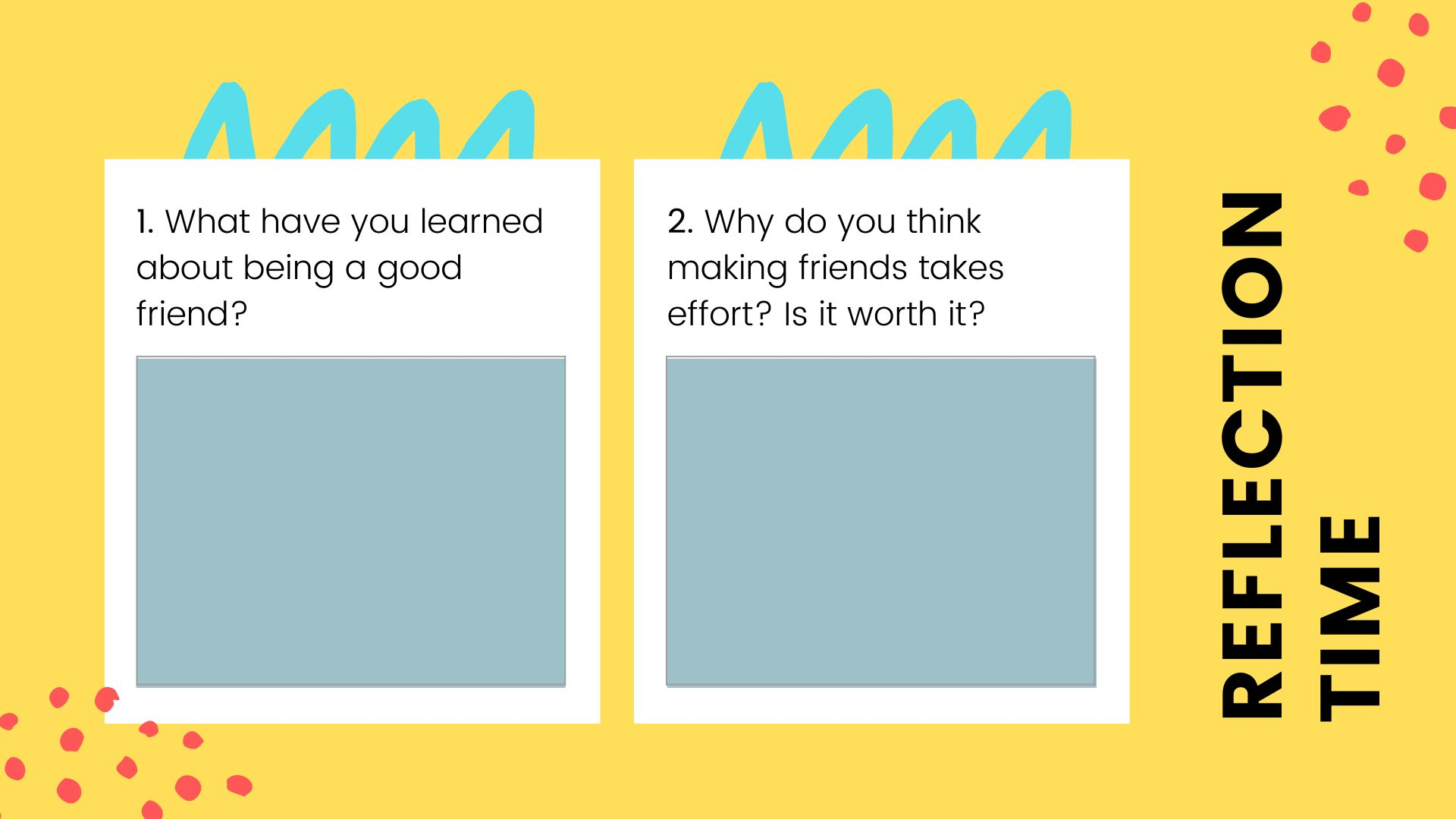


Step 3: Match a Thinking Coach to each main point and write it underneath. You can use the Thinking Coaches more than once and there may be more than one Thinking Coach that matches each main point.

Step 4: For the next couple of weeks make a note of each time you put one of the main points into action. For example, you might talk to a person you have never talked to before. You could record this under 'Make the effort'. Date the entry and write some short notes about what you did. e.g. 23/11 Talked to Sam for the first time. I asked him what he liked doing after school.



Step 5: If you want to you could share your book with someone you trust and discuss the things you have tried.




1. What have you learned about being a good friend?



2. Why do you think making friends takes effort? Is it worth it?



**REFLECTION
TIME**



3. Which of the Thinking Coaches has been most useful as you have worked through the activities? Have you added this to your Thinking Coaches Journal?



**REFLECTION
TIME**

