

DEVELOPING EMOTIONS

Year 3

Unit 6

FRIENDSHIP



Materials included in this document:

- Teacher briefing notes
- Plans for each of the three lessons:
 1. **That's What Friends Are For**
 2. **Friend Book**
 3. **Developing Emotions**
- Resources: images, worksheets, and vocabulary list

Make sure you also download the PowerPoint for this unit, which includes all the information, examples, images, and embedded media clips you need.

Developing Emotions

Year 3

Unit 6: Friendship

Teacher briefing notes

See the overall [Teacher Briefing document](#) for more information about the aims and approach of Developing Emotions. A few important reminders:

- Talking about feelings and emotions, and finding ways to express them, is important in both life and learning.
- This is not a PSHE programme, but is designed to help children explore and create emotional vocabularies, using history, art, drama, music, science and philosophy.
- Know your children! Although these lessons should be suitable for all children, remember to think ahead about whether there are any children in your class who might need particular support in relation to any of the topics of these lessons.
- The Developing Emotions programme is based on academic research from the Living with Feeling project at Queen Mary University of London, and ideas from TKAT staff.
- It is based on a belief in the value of emodiversity – that is, experiencing and being able to talk about a wide range of different human emotions – which vary between individuals and across cultures.

Notes for Unit 6: Friendship

The overall learning objective for this final unit is for children to learn about words and images for friendship, and to think about the value and qualities of true friends, both in their own lives, and historically.

They will encounter a song from a classic children's film, some ideas from evolutionary psychology, international proverbs, and historical ways of recording friendships.

The PowerPoint for this unit includes all the key ideas, images, examples, dates, and information, including embedded audio and video clips. We have additionally provided YouTube links in this document where applicable in case you prefer to access media that way.

The overall objective of this unit is achieved through two short lessons, followed by a third recapping the whole Developing Emotions programme:

1. That's What Friends Are For

The lesson begins with the children watching a song from the classic film *The Jungle Book*. As a class, the children discuss their own ideas of what friends are for, with brief teacher input on why our brains have evolved to make friends. Next, the children use the elements they have identified, converting adjectives into corresponding nouns, and drawing up a Recipe for Friendship, making sure the total ingredients add up to 25kg.

2. Friend Book

This lesson looks at friendship in images and sayings, starting with a selection of proverbs from all over the world, with class discussion about what they mean and which are the best. Then, children look at a Renaissance 'book of friends' (*Album amicorum*) to see how friendships were recorded in the sixteenth century, comparing and contrasting to contemporary equivalents, like Facebook. The lesson ends with the children working in pairs, making a 'Friend Book' for the whole class.

3. Developing Emotions

In this final lesson of the unit and of the whole Developing Emotions programme, children recap the words and feelings they have learned about so far. The class plays the 'Emotionology' game, describing, drawing and acting out emotional vocabulary they have learned during the programme. The session ends with a short class discussion of take-home messages, and by repeating the two vocabulary tests taken at the start of the programme. Each child receives a certificate.

Curriculum links

As with all units, these lessons are self-contained, but teachers can also supplement and connect them with texts, vocabulary and learning from other areas of their existing core and wider curriculum. For this unit there are links with:

- **Literacy:** - exploring the meanings of sayings and proverbs; relating adjectives with corresponding nouns.
- **History:** - Renaissance "friend books" compared with Facebook today.
- **Art:** - drawing a portrait of a friend.
- **Science:** - evolutionary psychology, Dunbar's number, and the friendly brain.
- **Philosophy:** - the meaning and value of friendship.
- **PSHE:** - reflection on what friendship means and why we value it.

Recommended books and media about friendship, aimed at children

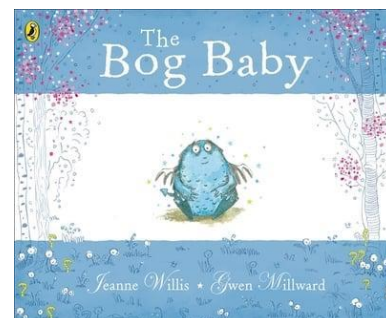
BBC Schools clips on friendship:

<https://www.bbc.co.uk/bitesize/topics/zswwxnb/resources/1>

Story books

The Bog Baby, by Jeanne Willis: loving someone means letting them go.

Lost and Found, by Oliver Jeffers: a little boy helps an unhappy penguin get home.



Frog and Toad are Friends, by Arnold Lobel: 'Dear Toad, I am glad you are my best friend. Your best friend, Frog.'

Best Friends for Frances, by Russell Hoban: 'Do you want to be careful, or do you want to be friends?'

Classic songs about friendship

- *You've Got a Friend in Me*, Randy Newman
- *Stand by Me*, Ben E King
- *Lean on Me*, Bill Withers
- *With a Little Help from my Friends*, the Beatles
- *Wannabe*, The Spice Girls

Recommended online resources for further research on love and friendship

'500 Years of Friendship', Radio 4 series presented by Thomas Dixon:

<https://www.bbc.co.uk/sounds/play/b03yn6xm>

Renaissance 'Friend books' as a precursor to Facebook:

<https://www.messynessychic.com/2015/09/25/sneak-a-peek-at-the-facebook-of-400-years-ago/>

'The Invention of Friends': an informative 13-minute film on evolution, the brain, and friendship:

<https://www.youtube.com/watch?v=O2qjRG6iV8M>

More on 'Dunbar's number': the maximum number of friends a human brain can handle:

<https://www.bbc.com/future/article/20191001-dunbars-number-why-we-can-only-maintain-150-relationships>

The 'love' page on the Emotions Lab:

<https://emotionslab.org/emotion/love/>

Developing Emotions

Year 3

Unit 6: Friendship



LESSON 1: That's What Friends Are For

Learning outcomes: By the end of the lesson, children will be able to:

- Discuss and evaluate what makes a good friend
- Understand how human capacity for friendship may have evolved
- Recognise and use adjectives and nouns relating to friendliness

Activity	Description	Timing
That's what friends are for	<p>Song from the Jungle Book, 'That's What Friends Are For' https://www.youtube.com/watch?v=wTrB45tfFDQ</p> <p>On the lyric sheet, children underline the things friends do for each other. Class discussion: can you think of real situations to correspond with the words of the song?</p> <p>Teacher input from PowerPoint: why friendships were important throughout human evolution – the survival of the friendliest!</p>	10 mins
What makes a good friend?	<p>Show slide of famous friendships in fiction. Collect adjectives from the class to describe a good friend and write them on the board. Hand out the worksheet with further friendly adjectives.</p> <p>Task: choose three that were not already on your list to add to the list – mark these with a tick – and three that you don't know the meaning of and mark these with a question mark.</p> <p>Discuss some of the question-marked adjectives.</p>	10 mins
Recipe for friendship	<p>Using the worksheet, children create a recipe for friendship, starting by choosing some friendly adjectives and turning them into nouns, then choosing five of these, in different amounts, to make their recipe.</p> <p>Make sure the total adds up to 25kg.</p>	10 mins

Developing Emotions

Year 3

Unit 6: Friendship

LESSON 2: Friend Book

Learning outcomes: By the end of the lesson, children will be able to:

- Understand a range of international proverbs about friendship
- Recognise and discuss depictions of friendship from a Renaissance friends' book
- Represent what they think is important in a friend, in words and images

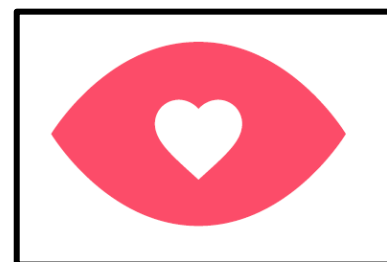


Activity	Description	Timing
Proverbs on friendship	<p>Explain what a 'proverb' is. Children then look at a selection of proverbs on friendship from around the world and choose which ones they agree with and which they don't understand. As a class, discuss the three proverbs on the PowerPoint slide, and any others children don't understand.</p> <p>Now write your own proverbs. Try to express something you think is true about friendship in a short and catchy sentence.</p>	10 mins
Friends' books five hundred years ago	<p>Look at and discuss the images from a Renaissance 'album amicorum' (see PowerPoint). What do the images show? What is particularly valued in these friends?</p> <p>Why might people have made a friends' book. Why is recording friendships important? Is this Renaissance 'Friend Book' similar to Facebook? Are selfies like portraits?</p>	5 mins
Make your own Friendbook	<p>Now it's time for you to make your own friends' book!</p> <p>Work in pairs. First, on the Our Renaissance Friendbook portrait worksheet, draw a colourful portrait of your partner. They don't have to be realistic: try to show what you like about them as a friend.</p> <p>Now swap sheets with your partner and ask them to write two or three proverbs about friendship on the other Our Renaissance worksheet.</p> <p>At the end of the lesson, collect in all the portraits and proverbs and collate them together into your class's very own Friendbook – or <i>Album Amicorum</i>!</p>	15 mins
Singalong	<u>Optional final activity:</u> class sing-a-long to Toy Story theme (lyrics below) – 'You've Got a Friend in Me'	

Developing Emotions

Year 3

Unit 6: Friendship



LESSON 3: Developing Emotions

Learning outcomes: By the end of the lesson, children will be able to:

- Recall a range of new words for emotions
- Practice representing feelings in words, images and actions
- Place emotions on a map showing their valence and intensity

Activity	Description	Timing
Emotionology – the game of feelings!	<p>Important note: This needs preparation in advance!</p> <p>Before the lesson: Print out the sheets with emotion words and symbols on – including the sheet with symbols but no words. Also print out the sheet with the Emotions Lab heart logo on it. Glue the sheets together – on paper or on card – and then cut into individual cards – each with one emotion word and symbol (or just a symbol for the blanks) on one side, and the heart logo on the back. Make enough sets for one set per 5 or 6 children. One set = 30 cards (15 emotion words and 15 blanks).</p> <p>The PowerPoint for this lesson includes full instructions for the game.</p>	20 mins
Quizzes and final discussion	<p>Repeat the vocabulary quizzes which the children took at the outset (available separately on the website) – ‘Happy and sad feelings’ and ‘Words for feelings’ – and collect them in, for us to compare with the answers from the first lesson.</p> <p>Final discussion of the simple take-home messages from the whole programme.</p>	10 mins
Certificates	<p>Before the lesson, print out a personal certificate of completion (included below) for each child in your class, adding their name. Hand these out to mark the completion of this course of lessons.</p>	

THAT'S WHAT FRIENDS ARE FOR

We're your friends
We're your friends
We're your friends to the bitter end (the bitter end)

When you're down
Who comes around
To pluck you up
When you are down

And when you're outside, looking in
Who's there to open the door?
That's what friends are for!

Who's always eager to extend
A friendly claw?
That's what friends are for!

And when you're lost, in dire need
Who's at your side at lightning speed?
We're friends of every creature
Comin' down the pike
In fact we never met an animal
We didn't like (didn't like)

So you can see
We're friends in need
And friends in need
Are friends indeed
We'll keep you safe
In the jungle forevermore
That's what friends are for!

FRIENDLY ADJECTIVES

Instructions:

1. Mark three of these words with a tick ☒ to show that you think they are important qualities of friends
2. Mark three of these words with a question mark ☐ to show that you are not sure what they mean.

Affectionate

Available

Caring

Comforting

Compassionate

Considerate

Devoted

Empathetic

Encouraging

Faithful

Forgiving

Frank

Generous

Gentle

Honest

Humorous

Kind

Loving

Loyal

Optimistic

Reliable

Sensitive

Sharing

Sincere

Sympathetic

Tactful

Thoughtful

Trustworthy

Truthful

Warm

MY RECIPE FOR FRIENDSHIP

INSTRUCTIONS

Look at your list of **friendly adjectives**, and **choose five of them** as ingredients to make your recipe for friendship.

First you will need to turn the adjective into its related noun - for example, **kind** becomes **kindness**, or **loyal** becomes **loyalty**.

Then, choose an amount of each ingredient. Make sure the total ingredients add up to 25 kg - the average weight of a Year 3 child!

In the table below, the first two lines have been completed as examples. You need to fill in the rest!

INGREDIENTS

Friendly adjective	Friendly noun	AMOUNT TO USE
Kind	Kindness	3 kg
Loyal	Loyalty	2 kg
Total		25 kg

MY RECIPE FOR FRIENDSHIP

Now complete the instructions, using your ingredients, to make the perfect friend. **Fill in the blanks below!**

First take some, some,
and a large quantity of

Then mix with some, a teaspoon full of
....., and loads of

You have now made your ideal friend!

Finally, you shouldwith your friend, and give
them lots of

If done right, this friendship will make you and your friend
feel, and, and
.....

Once made, a good friendship can last for up to
..... years!

FRIENDSHIP PROVERBS FROM AROUND THE WORLD

A 'proverb' is a saying or statement about the world.

It is often only a few words long and offers some important advice about human life.

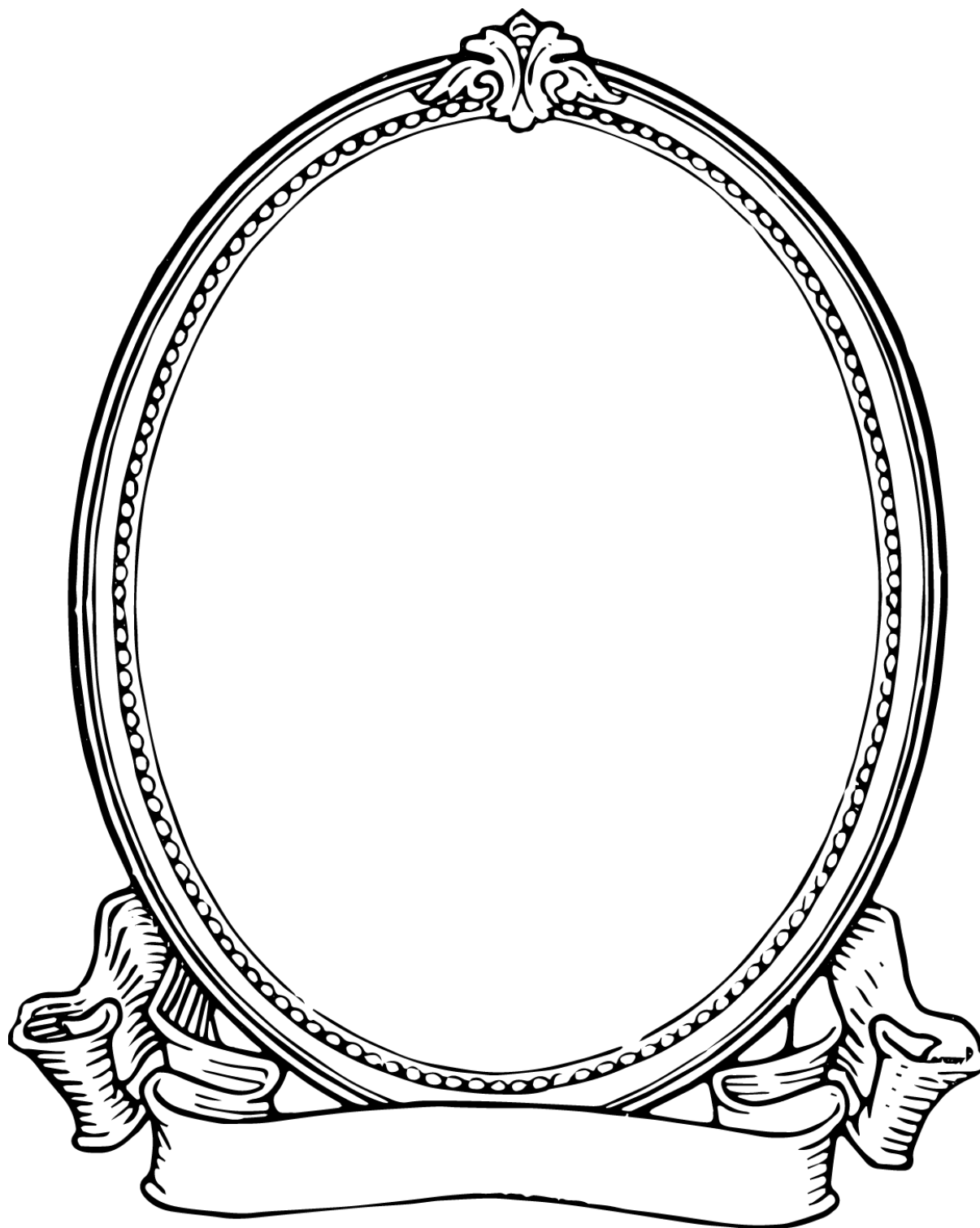
The proverbs below come from different parts of the world, including China, Africa, and Europe. They all say something about friendship.

Instructions: In the last column, mark each proverb with a tick ☒ if you agree with it, a cross ☐ if you disagree, and a question mark ☐ if you are not sure.

<i>Where in the world?</i>	Proverb	
<i>England</i>	A friend in need is a friend indeed.	
<i>Ireland</i>	A friend's eye is a good mirror.	
<i>France</i>	Everyone's friend is nobody's friend.	
<i>USA</i>	A friend is one who knows you, and loves you just the same.	
<i>Japan</i>	The time to make friends is before you need them.	
<i>Germany</i>	Friendship is a plant we must often water.	
<i>Germany</i>	True friendship does not freeze in the winter.	
<i>Africa</i>	If you make friends with a pig you must be prepared to live in mud.	
<i>England</i>	You scratch my back, I'll scratch yours.	

Our Renaissance Friendbook

In the Renaissance, students sometimes made an 'album amicorum,' or 'a book of friends.' These books were filled with messages, poems, and pictures. Draw your partner in the frame below.



Our Renaissance Friendbook

In the Renaissance, students sometimes made an 'album amicorum,' or 'a book of friends.' These friend books were filled with messages, poems, and pictures.

Write 2-3 friendship proverbs for your partner in the space below.



You've Got a Friend in Me

The *Toy Story* theme

You can listen here: <https://www.youtube.com/watch?v=DNZUKm0ApEM>

You've got a friend in me
You've got a friend in me
When the road looks rough ahead
And you're miles and miles
From your nice warm bed
Just remember what your old pal said
Boy, you've got a friend in me
Yeah, you've got a friend in me

You've got a friend in me
You've got a friend in me
You've got troubles, I've got 'em too
There isn't anything I wouldn't do for you
We stick together and we see it through
Because you've got a friend in me
You've got a friend in me
Some other folks might be
A little bit smarter than I am
Bigger and stronger too
Maybe
But none of them will ever love you the way I do
It's me and you, boy

And as the years go by
Our friendship will never die
You're gonna see
It's our destiny

You've got a friend in me
You've got a friend in me
You've got a friend in me

Sad



Melancholy



Laughing



Angry



Contented



Tense



Scared



Petrified



Terrified



Crying



Friendly



Furious



Happy



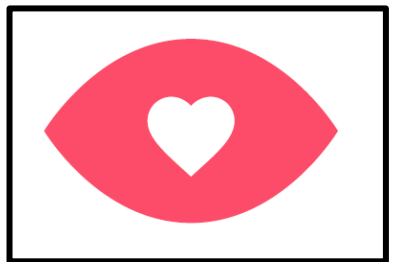
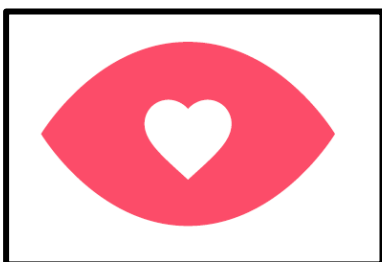
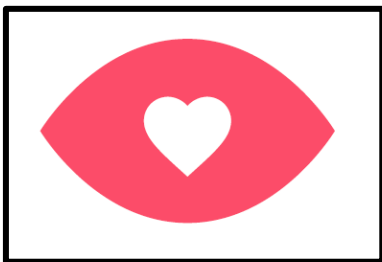
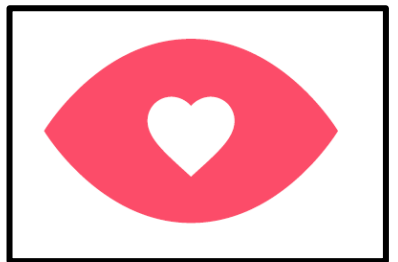
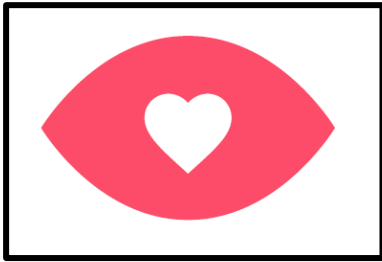
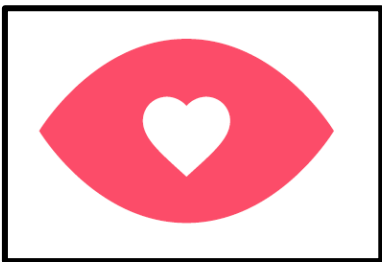
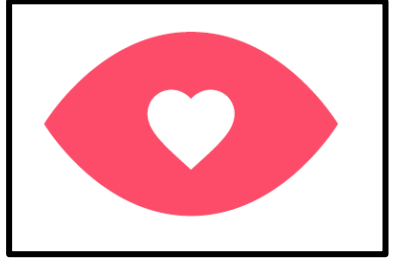
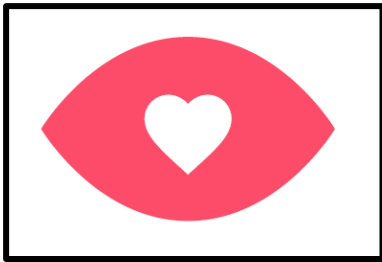
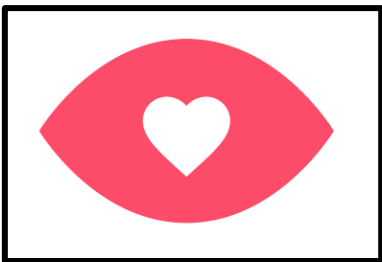
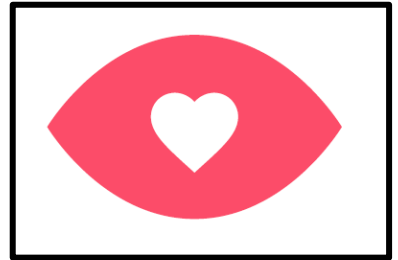
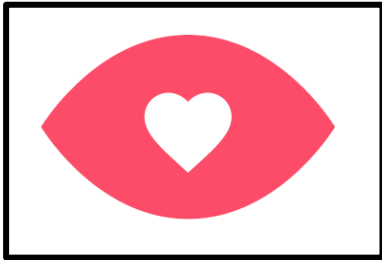
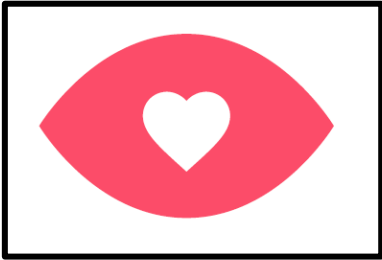
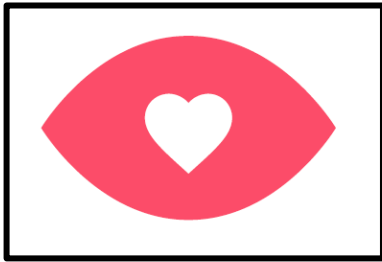
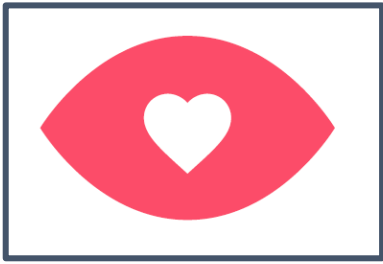
Anxious



Excited

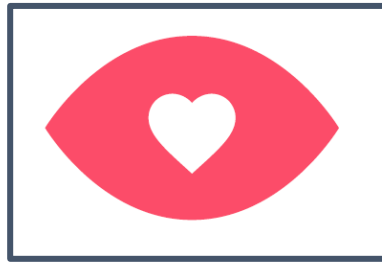








Developing Emotions **YEAR 3**



CERTIFICATE OF COMPLETION

Awarded to:

Congratulations on completing the lessons.

You are now a certified expert on emotions.

We hope you feel proud, joyful, and elated!