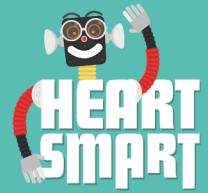


Don't Rub it in, Rub it Out!



I AM A GOOD FRIEND

Lesson 1: I am a Super-Friend

WE ARE LEARNING THAT: We can all be super-friends.

BORIS ASKS: Can the children describe ways to be a super-friend?

RESOURCES: Superhero slide; material to make capes, eye masks and cardboard cuffs.

Show the children the image of the superheroes. Ask the children:

- What do superheroes do?
- Who is your favourite superhero?
- What do you like about them?

Tell the children that they all have HeartSmart super powers because they are Super-friends. Ask them to think about what makes a Super-friend.

Have the children take it in turns to do a superhero pose and tell everyone their Super-friend power e.g. I am super kind, I am super helpful.

As a follow-on activity, the children could make or decorate Super-friend capes, eye masks and cuffs with a heart or the Power ON symbol included on them. Use material or paper for the capes, card and elastic for the eye masks and cardboard tubes for the cuffs.

Boris says, 'We are all Super-Friends!'



HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

ELG: PSED – MAKING RELATIONSHIPS:

22-36 months: Shows affection and concern for people who are special to them

30-50 months: Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults

40-60 months: Initiates conversations, attends to and takes account of what others say

ELG: Children...form positive relationships with adults and other children

BIBLE REFERENCE

Friends always show their love. Proverbs 17:17

SIAMS

Strand 4: Community and Living Well Together