

LESSON 1 PLAN


Friends and the Friendliness SPICE


Lesson Outcomes:

- Appreciation that friends and friendships aren't perfect relationships.
- Understand that friendliness represents a group of behaviours.
- Differentiate between friendly and unfriendly behaviour.
- Identify that friendly and unfriendly behaviours extend to the online space.
- Understand that friendliness is a HIGHWAY HERO behaviour.
- Know that SPICE is a HIGHWAY TOOL and can be learned.
- Practise ways to 'Praise' that are authentic and invite positive connection.
- Experience using SP(ICE) through role play.
- Willingness to attempt using SPICE with peers.

	Ice-breaker (optional)	Use an 'Ice-breaker Activity' to encourage a friendly and cooperative group dynamic.	
REQUIRED>	Ice-breaker Activities.	Page	10 mins

REQUIRED>	<i>Lesson 1 Outline details specific, scripted teaching ideas, and is recommended reading.</i>	Page
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	1. Leader led discussion <i>"Defining Friends."</i> <ul style="list-style-type: none"> Friends: It Takes All Types. 	Students make sentences with the word 'Friends' in it. Aim for a balance that reflects the reality that friends and friendships aren't perfect and BUMPS or conflict may also occur.	
	Leader Resource 1 Friends....	Page	5 mins

	2. Sorting Activity <i>"Friendly or Unfriendly?"</i> <ul style="list-style-type: none"> What exactly is Friendliness? Sorting friendly vs unfriendly behaviour. Acknowledgement of online friendships. 	Define Friendliness as a group of behaviours and sort examples of friendly and unfriendly behaviour. Link friendliness as a HIGHWAY HERO behaviour. Children will often focus on 'Kindness' as the requirement for friendliness.	
	Leader Resource 2 Friendly or Unfriendly?	Page	10 mins



3. Leader led demonstration

"The Friendliness SPICE."

- Introduce SPICE steps.
- Demonstrate language, body language and tone of friendliness.

Introduce SPICE as a HIGHWAY TOOL with examples of each of the 5 actions. Leader demonstrates each action of the SPICE strategy utilising the opposite action to highlight the difference. *Make disclaimer about appropriate friendly behaviour boundaries.*

REQUIRED>

Leader Resource 3 The Friendliness SPICE

Page

10 mins



4. Role Plays

"The SPICE Steps."

- Children practise 'Smile and say "Hello".'
- Children practise 'Praise.'

Children move freely around the room and the Leader calls out 'Smile & Say "Hello"', which is then role played with others. Encourage children to try 4-5 ways to 'Smile and say "Hello"'. The children continue to move around the room and the Leader calls out 'Praise,' which is then role played. Encourage children to try 4-5 ways to 'Praise.'

REQUIRED>

Leader Resource 4 Ways to Say & Praise.

Page

15 mins



5. Reflection task

"Using SPICE."

- Easiest/hardest components.
- Formulate SPICE goal.

Discuss which behaviour ('Smile and say "Hello"' or 'Praise') was the easiest and the hardest to do; and which one will be a goal to do more frequently this week.

REQUIRED>

Whiteboard & markers.

5 mins



6. Home Activity

The Friendliness of SPICE.

7. Parent Information

Friends and The Friendliness SPICE.

REQUIRED>

Home Activity 1.

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Parent Information 1.

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