



## Session 4

# Being Supportive

Explain that today we are going to

- ❖ discuss the importance of friends
- ❖ identify ways to support others
- ❖ share ways our friends help us



You will need

- ❖ A4 paper - one piece with a face drawn by Peer leaders before the session
- ❖ scrap paper - one small piece, with a smile drawn on it
- ❖ scrap paper - one small piece per student, blank
- ❖ blutack or sticky tape

Looking back

Ask the group to think of a time last week when they told their best friend what they liked about them.

- ❖ What did you say?
- ❖ How do you think it made them feel?



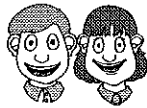
10 mins

### Activity 1 - Having fun

1. One Peer leader explains we will play a game similar to pin the tail on the donkey.
2. Stick the face to a table or place on the floor so each student can see it.
3. One student is chosen to begin the game.
4. The student is given the scrap of paper with the smile which has a piece of blutack on the back of it.
5. Ask the student to close their eyes.
6. The student has to stick the smile on the face.
7. One Peer leader writes the student's name on the face where they placed the smile.
8. Peer leader removes the smile and hands it to another student to have a turn.
9. Continue until each student has had a turn.



## Let's chat



- ❖ How did you feel while you were waiting for your turn?
- ❖ How did you encourage other students?



10 mins

## Activity 2 - Supporting others



*"Having fun together is one very important reason for having a friend. Another reason is so we have someone to turn to when we need support."*

1. Explain to students they will be working together to construct a paper model which represents how we can support others.
2. One Peer leader shows their completed model to the group and explains how our model can help us remember who can support us.
3. Split students into 2 groups, a Peer leader with each group.
4. Explain to students one group will be making the base and the other group will be making the top at the same time.
5. Hand each student a piece of scrap paper.
6. Peer leaders assist groups to make the model.

To make the base:

- a. Place the paper in front of you, making sure the shorter sides are at the top and bottom ends.
- b. Start with the left edge of the paper and make a fold inwards about a finger width. Make a second finger width fold inwards on the same side.
- c. Make the same 2 folds on the opposite edge of the paper.
- d. Turn the paper over so the 2 folded sides are face down, on the left and right edges.
- e. Fold the top end one finger width inwards, then fold it again.
- f. Make the same 2 folds on the opposite end of the paper.
- g. Open these folds a little and turn the paper over again, so it will stand by itself.
- h. Write your own name on the top of the base between the folded edges.



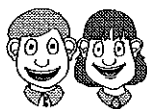
To make the top:

- a. Fold your piece of paper in half.
  - b. Fold the 2 shorter ends inwards about a finger width.
  - c. Write your name in the centre of the paper between the 2 folds.
7. Peer leaders pair students together from each group. Make sure one student has the base and the other the top.
  8. Pairs will work together to complete the model.

To complete the model:

9. Curve the top with the name face up and slide the folded edges under the folds on the base.
10. Bring the group together.

Let's chat



- ❖ How can we support each other?  
(**Hint:** ask them how they feel; spend time with them; show them you care)
- ❖ How do you help your friends?



### Activity 3 - Why do we need friends?



*"There are many reasons why we need friends and why we need to be a good friend to others."*

1. One Peer leader explains we will be sharing some of the ways our friends help us.
2. One student begins by saying something friends can do for each other.
3. Continue around the circle until everyone has had a chance to share something with the group.
4. Explain to the group we will now play a game to help us remember some of the reasons why we need friends.
5. One Peer leader explains we will be playing an action game.



6. Explain there will be 3 actions matching 3 of the reasons why we need friends.
7. Peer leaders need to choose 3 of the reasons given by the students and assign one of the following actions to each reason
  - a. jump on the spot
  - b. crouch down in a ball
  - c. touch toes.
8. When a Peer leader calls out one of the reasons, students do the action matching the reason eg 'having fun' might be jump on the spot.
9. Bring the group together.

### Finishing off

- ❖ Ask the students what they liked about Peer Support today
- ❖ Ask them to look for an opportunity to help a friend during the week
- ❖ What can we tell our families about Peer Support this week?
- ❖ Thank everyone for taking part today

- ❖ Teacher Debriefing Notes for use with your own class after today's Peer Support session:

- brainstorm ways we could provide support for our friends.
- discuss the importance of friendships, especially in times of need.

Note: Posters are provided for classroom use to support the concepts taught in this module.

