

GIRL POWER ONLINE WORKSHOPS SERIES – YOU’VE GOT A FRIEND IN ME (making friends, keeping friends, friendship fires)

| TIME | ACTIVITY | POWERPOINT SLIDE | PROPS/WORKSHEET GIRLS NEED |
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| Log in 10 minutes early to check your connection, mic etc is working ok | | 1 | Something colourful to wave (optional) |
| 5 mins | <ul style="list-style-type: none"> • Check girls have printed the worksheet (if they haven’t, they could grab a blank piece of paper) • Introduce yourself the workshop topic • Explain that everyone will be on mute unless you ask them something or they want to say something – in this case they can wave their hand or something colourful (practice doing this) • Ask each girls individually to introduce themselves, tell us how old they are and show/tell us something they love to do for fun | 2 | |
| 5 mins | <p><u>Talk About Why Friends Are Important?</u> eg Help us learn to share/take turns Encourage us to try new things Support us when we are sad and also when things are going well Have fun</p> | 3 | |

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| 5 mins | <u>Brainstorm Ways To Make New Friends</u> Write list on the PowerPoint Eg Say hello Smile Be friendly Ask questions | 4 | |
| | Find something in common Say something nice | | |
| 5 mins | <u>In the booklet, girls record 5 ways to make a friend</u> On the front page, there is a space for girls to draw a friend. Explain that they can do this later, in their own time, after the workshop. | | Worksheet: <i>Friendships Online</i> A52007 |
| 10 mins | <u>Friendship Cake</u> Ask girls to name the ingredients. Eg Kindness Fun Love Helpful Caring Honesty Support Discuss some of their answers – why is it important? Examples of using this friendship ingredient? Mix all the ingredients together | 5 - 12 | |

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| | <p><u>How long should we bake the cake for?</u> How long does it take for a friendship to form? Ask the girls what they think but in the end explain that there is no set answer for this – every friendship is different.. Reveal the amazing cake!</p> | 13 - 14 | |
| 5 mins | <p><u>Brainstorm Friendship Fires</u> Write on the PowerPoint <u>Eg</u> Feeling left out Feeling someone is saying untrue things about you Friend tells you not to be friends with someone else Says mean things</p> | 15 | |
| | Sharing secrets | | |
| 5 mins | <p><u>Brainstorm - How can we extinguish the fires?</u> Write on the PowerPoint <u>Eg</u> Tell them how we feel Say sorry Include them in a game or activity Have some time apart Ignore the behaviour/let it go Compromise</p> | 16 | |
| 5 mins | <p><u>FRIENDS acrostic poem</u> Explain that the ways to extinguish friendship fires can be summarised in an acrostic poem – reveal the words one at a time.. Girls write the words next to the letters on their worksheet</p> | 17 | Worksheet: <i>Friendships Online</i> A52007 |

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| | <u>Introduce the Game – True or False?</u> Explain how it works. | 18 | |
| 10 mins | <u>Game: What If?</u> One at a time, girls choose a picture. Click on the picture – girls answer the question. Discuss and ask for other opinions/answers from others as feels appropriate. | 19 | |
| 5 mins | <u>Activity to do at home – Happy Rocks</u> Explain how to make on – if you have one – show the girls! | 20 | |
| | Ask the girls what they enjoyed or learnt today | 21 | |
| | Thank the girls for coming! | 22 | |