

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
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	

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	

	<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

	<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	