

Guidelines for Super Friend Activity

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



GRADE 2 ACTIVITY - Super Friend

This activity can be done with a small group or with an adult and a student. It is a follow up to the 1st grade Super Friend activity. In the first grade activity the emphasis was on helping friends, in second grade it will be on kind words and deeds.

OBJECTIVE: The student will think about the power our words have to help us be Super Friends.

DIRECTIONS Part 1: In the first part of the activity students will circle words they have used. The purpose of this activity is to start a discussion of how words can help us be Super Friends.

POSSIBLE PROMPTS: When did you say this? Who did you say it to? Why did you say it?

DIRECTIONS Part 2: The second part will focus on identifying words a Super Friends might use. The student can finish the statements by writing words that they think would encourage or help the children in the pictures. The student should be encouraged to think about what they might be able to say if they were in the situation shown in the picture. It would also be beneficial for them to think about what they would want a friend to say to them.

POSSIBLE PROMPTS: How can your friends encourage you to (join a game, show your talent, learn something new, etc.) ?

If you or your child need support with mental health, reach out to a mental health professional.
You can find resources and assistance at FastTrackerMN.org.



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BACKGROUND INFORMATION:

Studies have been done on the effect of friendships on childhood and adult mental health and show a positive correlation. Friendships in childhood allow children to build social skills and develop self-esteem. Both are necessary for good mental health throughout life. However, it is important to promote positive friendships and help children to identify the qualities of a supportive friend. Bullying often happens under the umbrella of friendship so it is important for children to be able to recognize the qualities of a positive friendship.

If you or your child need support with mental health, reach out to a mental health professional.
You can find resources and assistance at FastTrackerMN.org.



Name _____

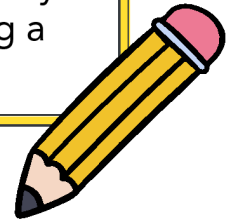


I am a Super Friend

Super friends use kind words!

DIRECTIONS:

Circle 5 of the kind words you say most often when you are being a Super Friend.



Do you want help?

I LIKE YOU.

YOU ARE SMART.

You are good at that.

It's ok.

I'm sorry.

Please.

NICE!



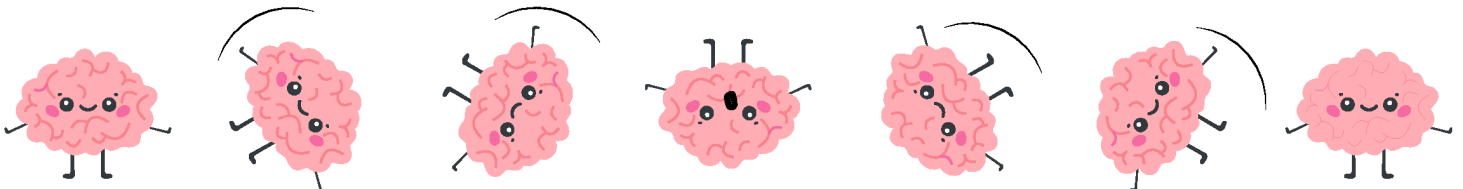
Great job!

THANK YOU.

Do you want to play?

You are wonderful!

You are nice.





Name _____

I am a Super Friend

Super friends use kind words!

DIRECTIONS:

Look at the picture and then finish the sentence with kind words you could use to help or encourage the person in the picture.



Are you OK? Can I

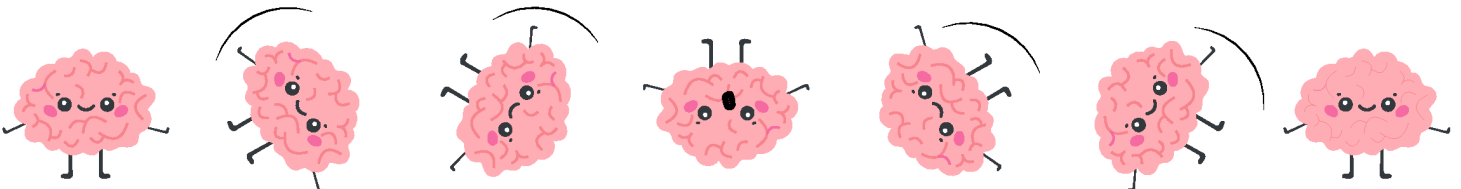
_____?
_____?



Great _____!
_____!



You are a _____
player! Can you help me
learn how to play?





Name _____

I am a Super Friend

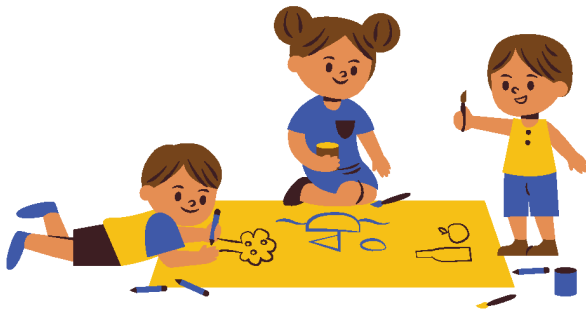
Super friends use kind words!

DIRECTIONS:

Look at the picture and then finish the sentence with kind words you could use to help or encourage the person in the picture.



Nice _____!



Thanks for _____
with me.



You are all so _____
at music! I really like

_____.

