

Friends for Life – Week Beginning 1st March

Booster Session 1: Review and Practise

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Welcome Back!

Let's review your Family Activity.
Give yourself a reward at the back of your activity book.

Warm-up Activity: *Your Happy Thing for the Week*

Share a happy thing that happened during your week – it doesn't have to be a big thing, just something simple that you enjoyed or feel proud about. For example, you played a fun game with a friend, you had a yummy, healthy meal, you took your dog for a walk or you played with your animal friends.

Activity 1: *Time to Think About Giving Back!*

Today we are going to learn about giving back to our families, to our schools, our friends and our communities. Later we are also going to review some of the FRIENDS skills we learnt a while ago and practise them again.

Who gives you food? Who cleans your clothes? Who drives you around? Who helps you? We are lucky because people look after us and care for us. But we can also give so many things back – we can help look after younger children or we can help older people. We can read and play, or we can cook for them. We can give them love and care as well.

Look at the pictures and describe what is happening in each picture. In the heart or star, write down what the young person in each picture is doing to help.

