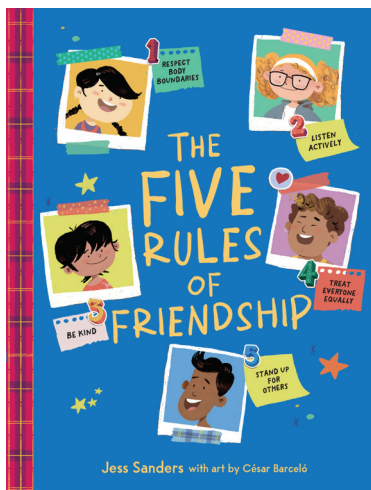




Teacher Notes

The Five Rules of Friendship

by Jess Sanders and illustrated by César Barceló

Teacher notes prepared by Bec Kavanagh.

Publication details

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Themes

- Friendship
- Respect
- Boundaries

About the Book

Friendship is one of the best parts of life! But friendship can be tricky too, and even the best of friends can argue and upset each other.

That's when you need *The Five Rules of Friendship*! This book will help you find your way through the ups and downs of friendship and show you how to be the best friend you can be!

From the award-winning and bestselling author of the *Life Lessons for Little Ones* series comes the ultimate friendship guide for children (and their grown-ups).

About the Author-Illustrator

Jess Sanders is a social worker and bestselling, award-winning author of books including *Love Your Body*, *Be Your Own Man* and the *Life Lessons for Little Ones* series. Jess has a passion for creating resources that nurture positive mental health and promote gender equality. Every project she pursues is born from the question, 'Why does it have to be this way?'. Jess is regularly invited to speak on radio and at events about her work and her books.

Before Reading

- Think about your friendships. How would you describe them? How do your friends make you feel?
- Discuss the title of the book. Does friendship need rules? Why might it be a good idea to have some rules in a friendship?
- Who do you think this book is for and why?

Comprehension questions

- What are the five rules of friendship according to the book? Do you agree with them?
- Would you have the same rules as the book? How would you change them?
- Describe how the friends look when they're flying a kite together. How do they look on the next page? What's changed?
- What are some of the ways that friendship can be tricky?
- Do the rules of friendship depend on which friends you're with?

Comprehension questions cont.

- How can you tell if someone is saying 'yes' to rule one? Which pictures show a 'yes' to this rule?
- How do you know if someone is actively listening to you? Why is it important to listen to our friends?
- What does 'equality' mean? What are some of the ways your school supports everyone to be treated equally?
- What can you do if you don't feel safe standing up for a friend?
- How can you make things better if you haven't been a good friend to someone?

Literacy

- **Synonyms**
 - A synonym is a word that means precisely or nearly the same as another word (eg. happy is a synonym of glad). Synonyms can help us understand the meanings of words by thinking about how they're similar and different to other words.
 - The third rule of friendship is to be kind – how many synonyms can you come up with for kindness?
 - Write about a time that someone has shown you kindness.
- **Rules and Guidelines**
 - What's the difference between a rule and a guideline? Why do we have rules in society?
 - Make a list of the rules you have to follow every day. Are there any you don't agree with? Why/why not?
 - What are some of the punishments for breaking these rules?
 - Why might it be useful to have rules in a friendship?

Final reflections

- Did the book change the way you think about friendships? How?
- Can you think of a time where you've been an imperfect friend? What would you do differently if you found yourself in this situation again?
- Who would you like to share this book with?

Creative Activities

- Write out the five rules of friendship from the book. Draw a picture for each one that shows someone following the rule and being a good friend.
- Choose one of the rules from the book and write a story where someone ignores it. What happens? What problems does it cause for the people in your story? Rewrite the story to show how things might have been different if they'd followed the rule. Compare the two.
- Do you struggle to follow some of these rules? Which one? Choose a rule that you're going to try to follow when you spend time with your friends. Come up with three things that might help you follow it (maybe you need to ask someone to gently remind you, or maybe you'll write yourself a note!)
- Can you think of a time where a friend has made you feel really great by following one of these rules? Write them a letter to thank them for being a good friend.

Resources

- Visit www.jesssanders.com.au for more resources on healthy relationships.