



HPE4 Positive ways to regain a friendship

A misunderstanding leads to the need to rebuild friendships and to explore ways of regaining friendships in a positive manner.

Preview pages

Health and Physical Education teacher's lesson plan **Suitable for teaching at most secondary school years or levels**

Positive ways to regain a friendship

How to use this module

Photocopy required numbers of the module. Distribute to students, invite them to choose their characters and then either individually or in groups act out the roleplay and work through the discussion and activities. Use as a class lesson or within your teaching plan.

Lesson duration

One-two class lessons depending on objectives.

Achievement objectives

Students will identify issues associated with relationships and other options to achieve positive outcomes - for example in relation to making and losing friends by solving conflict.

Assessment

- Students are able to identify issues associated with friendships and learn how to resolve conflict when it happens.
- Students recognise potential for conflict in friendships and know how to prevent conflict from occurring.

Characters

Students perform characters in a group. Two students are not speaking to each other because of an argument. Student One is upset. Students Two, Three and Four offer advice and suggest options to regain the friendship.

Note

ActUp modules are fictional works. Any similarity or reference to actual events or places or products or persons, living or dead, is entirely coincidental and not intended.

Health and Physical Education

STUDENTS ONE TO SIX ARE SITTING TOGETHER. JO ENTERS, SEES STUDENT ONE AMONGST THE GROUP, TURNS AND WALKS OUT OF THE ROOM.

FOUR That was Jo.
 ONE I know.
 THREE Did you see Jo?
 ONE I saw Jo.
 TWO What's wrong?
 ONE Nothing.
 THREE You two acted as if you'd never seen each other before.
 ONE So?
 FOUR You're best friends.
 ONE Were.
 FIVE What?
 ONE Were best friends.
 TWO What happened?
 ONE Huge argument, massive. Yelling and shouting at each other.
 Over the top.
 THREE What about?
 ONE Sounds stupid but I'm not certain.
 FOUR You had a huge argument over something that you can't remember?
 ONE Stupid isn't it.
 TWO When was that?
 ONE Last week.
 THREE You haven't spoken since?
 ONE No.
 FOUR How do you feel about that?
 ONE Bad. We were really good friends.
 FOUR You were great friends.
 ONE We were really great friends. Sad that when we see each other now we don't even talk.

Student worksheet

Discussion and activities

Students perform the play then work through some or all of the following discussion and activities, either individually or in groups.

Discussion

1. Four says 'You're best friends.' What does the term 'friends' and 'best friends' mean to you? Write definitions then discuss your answers.

2. Four says 'Maybe you should take the lead.' What does Four mean? How does some-one take the lead? Why? Give examples.

3. Identify and discuss the options suggested by the friends in the roleplay for One to regain friendship. Which option/s would you recommend? Why?
