

Potential Integration:

ELA

Health
3.ICR.1.1 Summarize qualities and benefits of a healthy relationship.

**Materials:**

Appendix 1, Relationship Scenarios

Notecards with **Healthy** on one side and **Unhealthy** on the other

Book: A Sick Day for Amos McGee, Philip C. Stead

**Statement of Objectives:**

It is important to have good friends and be a good friend. Today, we will discuss the qualities of a healthy relationship and the benefits of these relationships.

**Focus:**

To begin, I am going to give each of you a notecard, one side says **Healthy**, the other **Unhealthy**. I will read a scenario that is an example of a healthy or unhealthy friendship or relationship. When I ask for the correct answer, you are to hold up your note card with the correct response facing to the front. Any questions?

**Teacher Input:**

Read aloud, A Sick Day for Amos McGee

Summary (for teacher): Friends come in all sorts of shapes and sizes. In Amos McGee’s case, all sorts of species, too! Every day Amos spends a little bit of time with each of his friends at the zoo, running races with the tortoise, keeping the shy penguin company, and even reading bedtime stories to the owl. But when Amos is too sick to make it to the zoo, his animal friends decide it’s time they returned the favor.

After reading the book, ask the following processing questions:

- Do you think Amos McGee is thankful for his friends? Why do you think that? How does he show he is thankful?
- Based on this story, what do you think are qualities of good friends?
- The animals were there for Amos McGee when he needed them the most. How important do you think it is to be helpful and supportive to your friends during times of need in their lives?
- What do you do to show you can be a good friend?
- What could students do to make themselves better friends?
- After reading this book, do you think friends play a big part in somebody's personal health and happiness? Why?
- How does having friends make you feel?

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**Assessment:**

Option 1

List at least five characteristics of a good friend. Include a paragraph explaining how having good friends can have a positive influence in your life. Include the vocabulary words from the story:

- communication
- friendship
- friend
- influences
- express
- positive
- negative

Option 2

Draw a picture of someone who has been a positive influence on you. Write a paragraph that explains why s/he was a good friend.

**Closure:**

Today we read a book about a zookeeper and his animal friends. We learned how he was a good friend to the tortoise, owl, elephant, penguin and rhinoceros and how they were good friends to Amos McGee. Your discussions and projects show that you know how to be a good friend, too.

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## *Healthy Relationship Scenarios*

Distribute a notecard to each student (one side says **Healthy**, the other **Unhealthy**). Tell the students you will read a scenario that is an example of a healthy or unhealthy friendship or relationship. When you ask for the correct answer, students are to hold up their note card with the correct response facing to the teacher.

Anne and George are playing outside with sidewalk chalk. George accidentally breaks one of Anne's big pieces of chalk and apologizes. Anne says it's okay, accidents happen. Is this an example of a healthy or unhealthy friendship? **Healthy**

Miguel and Sam are playing during recess. While throwing a baseball back and forth, Magda comes over and asks if she can play, too. The boys laugh at her and say "no", that she throws like a girl. Are the boys supporting a healthy or unhealthy relationship with Magda? **Unhealthy**

Rhonda is a new student in the third grade. The first day of class, the teacher asks Michael if he will be her buddy for the week, helping her to find her way around and sit with her at lunchtime. Michael says yes, and smiles at Rhonda. Does Michael's behavior show characteristics of healthy or unhealthy friendships? **Healthy**

Sherese has a new video game that she has told all of her classmates about. When Elena comes over to her house to play, Sherese refuses to allow Elena to play her video game, saying she might break it. Is Sherese demonstrating a healthy or unhealthy friendship with Elena? **Unhealthy**