

Friendship (Say 'no' to bullying)

This massage activity is designed to be used in pairs, circles or spirals for anti-bullying week or other occasion. Massage can be done in classrooms, the school hall or outside (weather permitting!). It uses actions from the weather massage/story.

Teachers may wish to use their own introductions but the emphasis is on friendship. The introduction should be adapted, along with wording and massage, to suit the age group.

What do we mean by a friend? What do friends do? Everyone needs friends. How can we be good friends? (Friendship is like the weather. It can change over time . . .)

The leader should read the story **slowly** and allow time for children to do the actions.

Friendship massage

Please can I give you a massage? Still touch (shoulders)

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| Friendship feels like the sun on our backs | Still touch |
| It feels warm and comfortable | Circle with palm |
| Friends make us feel wanted | Circle |
| Friends help us feel happy | Circle |
| It's good to have friends | Like sunrays |
| But sometimes friends fall out | Still touch centre back |
| They may argue | Like thunder (cupped hand) |
| They may shout or fight | Like lightening |
| They may make people feel sad | Like rain (tears) |
| And unhappy | Like rain (tears) |
| How can we help? | Still touch centre back |
| We can be kind | Circle |
| We can listen | Circle |
| We can be helpful | Circle |
| And caring | Circle |
| We can make people our friends | Like sunrays |
| And share our friends | Like sunrays |
| So that everyone feels happy | Hands on shoulders/ hug! |
| Say 'thank you | |

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