

Grow Your Mind in 6B

This term in 6B as part of our Grow Your Mind program we are looking at friendships. Each week our lesson has been focused on unpacking a Golden Rule of friendship.



As a class we have unpacked the difference between belonging and fitting in.



From here, we then looked at the 'recipe' for a healthy friendship and the method for maintaining a healthy friendship. We also wrote our own unique recipe.

Healthy friendship ingredients:

- 1 A cup of trust, respect & empathy
- 2 3 heaped tbsp of individuality & equality
- 3 2 handfuls of celebrating each other
- 4 A generous sprinkle of laughter
- 5 300g of compromise
- 6 An abundance of being open to talking it out
- 7 A consistent serving of being a good listener



Method for maintaining a healthy friendship:

Step 1

Gently simmer all ingredients in a large frypan of vulnerability until cooked through

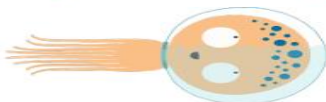
Step 2

Transfer to a bowl & combine with 2 assumptions:

1. You are both doing the best you can
2. We should feel good around each other

Step 3

Serve on a plate with clear boundaries and a willingness to share each other



We are currently looking at the Marble Jar concept and unpacking what that means. Stay tuned for what we learn!



We have enjoyed rich and engaging discussions and debates, and great connecting activities that allow us to see whether a friendship is working for us. Please feel free to discuss these concepts with your student at home 😊

Alanna Harrower