## Mental Health Lesson Plan for Students in Kindergarten to Grade 3
### MindMasters 2 - Friendship Chain

**Learning Outcome:** This activity helps children to notice positive qualities in themselves and others and think about what’s important in friendship.

**Skills Taught:** Positive Thinking and Imagery

**Estimated Time:** 15 to 30 Minutes (depending on size of group)

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| Cut out thin strips of coloured paper. | Thin strips of construction paper. | **Teaching in Person, with Public Health Measures in Place:**
| Ask your group to think of one positive statement about themselves. Prompt with questions if necessary. I.e. *Do you share with others? Do you help others when they need it? Do you listen carefully? Do you enjoy making people laugh?* | MindMasters 2 (pages 30 and 31) | *Try to ensure all students have enough space to maintain a 2-metre distance.*
| Next, ask the group to collectively come up with one positive statement about each child. Note: If you have a large group, you may choose only a few and then repeat the task another day. Write their ideas on the strips of paper. Each kind statement will make one link on the friendship | | *Teaching Online:*
| | | This activity can be done for online learning as well. The teacher could create a virtual version of the friendship chain so that’s student participating by virtual learning can be part of the activity. |
Once the friendship links are created, make the chain and display it.

After the activity, count how many friendship links you have. I.e. *We thought of 10 nice things about ourselves and others, so we earned 10 friendship links on our chain!*

Refer to pages 30 and 31 of **MindMasters 2** for more ideas and suggestions.