

**FRIENDSHIP**

**Objective:** To stimulate thinking about the effect that caring has on me and on others. To recognise that friends should care for each other.

**Key Words:** cobweb, seaweed, slight, smugglers, specks, spotted, stashed, steep, symbol

**Curriculum Links:** Citizenship & PSHE at KS1: 1a,b,c. 2a,c. 4d. **Literacy:** Drama

**Materials Needed:**

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD 1 track 27 (music for silent sitting) or Silent Sitting CD track 5
- CD 1 track 10 , or CD M1 track 8, for the song
- Copies of the drama script

**QUOTATION/THEME FOR THE WEEK**

VALUE YOUR FRIENDS AND HOLD THEM DEAR BECAUSE TO ME IT'S VERY CLEAR  
FRIENDS ARE JEWELS ALONG LIFE'S WAY, BRIGHT AND SPARKLY ON A RAINY DAY.  
LIFE WITHOUT FRIENDS WOULD NOT BE FUN, EACH ONE IS LIKE A RAY OF SUN.



FRIENDS THAT YOU HELP WHEN TIMES ARE BAD GIVE BACK THAT HELP WHEN YOU ARE SAD.  
GIVE AND TAKE WITH A PINCH OF LOVE. FRIENDS HELP, THEY NEVER PUSH AND SHOVE.  
MOST IMPORTANT IN LIFE IT'S CLEAR ARE FRIENDS, SO HOLD THEM VERY NEAR.

Discuss a way in which you might practise this.

**SILENT SITTING**

Steps 1, 2 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 5: Let a feeling of love and friendship grow in your heart ...

You are lovable and beautiful and so are the others around you ...

Let your love and friendship spread out to everyone in the class ...

Feel how much you want to be a good friend to them all ...

Send a feeling of love and friendship out to your family ...

... to the people in your street ...

... then all over the town ...

... throughout the country ...

... then throughout the world ...

Everyone needs love and friendship ...

Your love and friendship is important to everyone around you ...

Step 6.

## STORY TELLING

### THE MAGIC RINGS

by Sarah Baker

**Z**ahid and Ali always did everything together and although they were brothers, they never argued or fought. They were the best of friends. Today they had decided to go for a run and they wanted to run all the way up the East Hill. There was a slight wind and light rain, perfect for running, they thought.

Finally they made it up the hill and, out of breath, the boys stood on the East Hill looking out to sea watching the sun shining on the water. Light specks of rain like diamonds glistened in the air. From far out to sea a rainbow spread across the sky, its vibrant colours piercing the bright blue.

“Let’s try to find the end of the rainbow. Look it’s over there, down the hill on the rocks,” said Ali.

“Oh yes, let’s go,” agreed Zahid. They raced down the hill to the place known as the Lady’s Parlour. “Oh no, it’s gone.”

“Never mind. Let’s have a look anyway,” Ali said keenly. “It was over there.” It was then that they saw something shining in the sunlight. In between the tall rocks was a door. They had climbed these rocks many times before, but had never seen this door. Perhaps it was a secret way into the castle!



“Shall we go in?” said Zahid despite feeling quite afraid. “It could be a secret cave where smugglers stashed away their treasure, or it could be a goblin’s cave.”

“It is strange that we have never seen this before and we’ve been here lots of times. Who knows what it could be.”

They climbed down the steep rock and there was the door. It looked very old. They both pushed and pulled the door, but still it would not budge. They sat there disappointed and were about to give up and go home when Ali spotted a rock nearby with carved markings. They both took turns studying it carefully. Wondering what it was, they put it down on the sand. As it lay there, it seemed to be pointing in the direction of the door.

“It’s a copy of the door, but it’s got markings around it. Look Zahid!”

They pulled back the seaweed from around the door and saw the markings just like the ones on the stone. Three symbols on each side. They pushed and pulled, but still it would not open.

“Let’s try one more time. One, two, three.” They pushed as hard as they could.

Then with a big creak and crack, slowly the door opened. The boys were both scared and excited. Cobwebs and dirt fell as it opened, letting the light shine in. It was not a cave, but a very small room, hardly bigger than a broom cupboard. In the middle was a rock with what looked like a piece of old paper.

“Who’s going to go in then?” Ali said. “Shall I? I’m the eldest.”

“Let’s toss for it. - heads or tails?” said Zahid who always liked to be fair.

“Heads, “ Ali replied. The coin spun into the air and landed heads up.

“You go in then, Ali,” Zahid held the door open with all his might. Ali ran in as fast as possible, grabbed the paper and ran out. Their hearts were beating so fast as they sat on the ground half-afraid to read it. The piece of paper was folded and sealed with wax. They carefully opened it up. Inside the letter were two strange rings. On the paper it read:

*“For true friends these rings are given  
Friends who always help each other.  
When you’re feeling alone, no need for a phone  
Just look at your ring and let your heart sing.  
I’ve a friend, a true friend, what a friend!  
  
Now go home and return in three days,  
Think how you can both help in three ways.  
To make the world better. Write it down in a letter  
Then look at your ring and let your heart sing  
I’ve a friend, a true friend, what a friend!”*

The rings had two hands interlocking and an inscription saying, “True friends for ever”. With that, they promised to be good and true friends forever. As they put them on, the rings became invisible and they could not see them, but they knew they were there and that the friendship would never be broken.

The boys ran home thinking of their strange adventure. What three things could they possibly do to help? They wondered how long it would be before two other people would come and find the secret door. They thought very hard for two days about what to write in their letters.

On the third day they returned to the door and together they pushed the symbols, and the door opened. Zahid ran in and placed the letters on the rock.

As they walked away, the door shut. They knew that something happened, something that they would remember and treasure for the rest of their lives. Slowly they climbed the rocks. The boys looked back, but there was no trace of the door. And something tells me that they will never see that door again but I’m sure their efforts will make the world a better place for everyone.

## QUESTIONS:

1. What were the boys trying to find when they were out for a run?
2. What did they find in the tall rocks?
3. How many symbols were round the door?
4. What did the message ask them to do?
5. What would you make for your best friend?
6. In what way were Zahid and Ali friends as well as brothers?
7. Are you friends with your brother or sister?  
If not, what can you do to be better friends?
8. How did you feel as you listened to the story?
9. Does the story remind you of anything in your life?

**Link story:** Fairy Friend (*Finding Your Feet*)

## GROUP ACTIVITY

### 1. DRAMA

#### THE MAGIC RINGS

*The scene is set in the outskirts of a small seaside town*

**Cast:** Narrator  
Zahid  
Ali

*[Enter Zahid and Ali.]*

**Narrator:** Zahid and Ali are two eight-year-old boys who live in the small seaside town of Whiterocks. They are twins and although they are brothers, they never argue or fight. In fact, they are the best of friends and always do everything together. Today, they have decided to go for a run.

**Zahid:** It's great weather for running! Let's run all the way up the East Hill!

**Ali:** You're on! *[The twins start running.]*

**Narrator:** Finally, Zahid and Ali make it up the big, steep hill until they find themselves on its summit looking out to sea, watching the sun shining on the water. Light specks of rain, like diamonds, are glistening in the air and the twins gaze in wonder as, just a little way offshore, a beautiful, dazzling rainbow spreads itself across the sky, its vibrant colours piercing the brilliant blue.

**Ali:** I know! Let's try to find the end of the rainbow! Look! It's going down over there, down the hill by the white rocks.

**Zahid:** Yeah!! You know what they say? Some people say that there's a crock of gold at the end of a rainbow! So quick! Let's go! *[And they both run off.]* Here are the white rocks, but the rainbow's moved! It's over there now! Look, it's out at sea! We can't go out there...it's much too deep!

**Ali:** Never mind, Zahid. Let's have a look around here anyway. It was over there ...

*Zahid and Ali start to explore the rocks, and then they suddenly notice something!*

**Zahid:** What's that shining in the sunlight? There's something in between those tall rocks ... it's a door!

**Ali:** But we've climbed all over these rocks before and never seen this door! How strange! Perhaps it leads to a secret passage to the castle!

**Zahid:** *[nervously]* It's strange that we've never seen this before and we've been here loads of times. Who knows what it could be? It could be a secret cavern where smugglers or pirates stashed away their treasure! Or it could be a goblin's cave! Let's take a closer look.

**Narrator:** So a little nervously, Zahid and Ali, climb down the steep rock until they reach the door. It looks very old. Then they both push and pull the door, but it won't budge. After a while, they give up and sit down in disappointment. They are just about to give up and go home when ...

**Ali:** *[looks at a nearby rock]:* Look at that rock, Zahid. What are these strange markings carved on it? *[both study the rock carefully.]* It's a copy of the door, but it's got markings around it. Look Zahid! It's pointing in the direction of the door! *[The twins go to the door and pull back the seaweed covering it.]*

**Zahid:** You're right, Ali. There are markings here that are the same as on the stone. See. There are three symbols on each side. Let's try one more time to open it. *[The twins start pushing]* One, two three, push!

*[The door gradually creaks open, and the boys hover nervously on the threshold.]*

**Narrator:** Zahid and Ali are both scared and excited all at the same time! But no wonder they're a bit nervous about going in! Look at all those horrible cobwebs and dirt falling from the door lintel. It must have been a long, long time since anyone was last in here. But it doesn't look like a cave, does it? More like a very small room, no bigger than a broom cupboard, really. And what's that in the middle of the room? It looks like a rock with an old piece of paper on it. Yes, and the paper is folded and sealed with sealing wax. *[The boys are still nervously standing at the door.]*

**Ali:** Who's going to go in then? Shall I? I'm the eldest.

**Zahid:** Only by a few hours... Let's toss for it then. Heads or tails *[taking out a penny.]*

**Ali:** Heads! *[Zahid tosses the penny.]*

**Zahid:** It's heads! You go in then, Ali. *[Zahid holds the door open for Ali. Ali runs in very fast, grabs the paper on the rock, and runs out again.]*

**Narrator:** As they sit on the ground, their hearts are beating so fast that they are half afraid to read the piece of paper. But they carefully open it up, and inside the letter are two magical-looking gold rings, each bearing a pattern of two hands interlocking and an inscription that reads, "True friends forever." But that's not all.

There is also a message written on the paper in purple ink, and the writing looks quite old-fashioned. It says:

*“For true friends these rings are given  
Friends who always help each other.  
When you’re feeling alone, no need for a phone  
Just look at your ring and let your heart sing.  
I’ve a friend, a true friend, what a friend!  
  
Now go home and return in three days,  
Think how you can both help in three ways.  
To make the world better. Write it down in a letter  
Then look at your ring and let your heart sing  
I’ve a friend, a true friend, what a friend!”*

**Ali:** Let’s do as the message says. Let’s be good and true friends forever and be there for each other. And let’s see how we can help! Maybe by helping more at home.

**Zahid:** You said it!

**Narrator:** And, as they put them on, the rings became invisible. But although they could no longer see them, they both knew they were there and that their friendship would never be broken. *[The boys turn to leave]* As they leave to return home, the boys both know that something very special has just happened, and that they will treasure the memory of it for the rest of their lives. On the third day they returned to the door and together they pushed the symbols, and the door opened. Zahid ran in and placed the letters on the rock. As they walked away, they look back ... but there is no trace of the door. And something tells me that they will never see that door again.

**QUESTION:**

How did you feel when you heard, saw or acted in this drama?

## **2. Game: Find your Friend - Played in pairs**

Partners face each other and feel the face of your partner.

One partner is blindfolded, the other partners line up.

The blindfolded partners go down the line and find their partner by feeling the faces.

## **GROUP SINGING**

### **MAKE NEW FRIENDS**

*(A traditional song - can be sung in rounds)*

Make new friends, but keep the old  
One is silver and the other is gold.

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say to the child on either side, “I will think loving thoughts and behave in a friendly way towards you.”