



**A SPEctacular Trip to the Zoo (🧠 A Brain Health Story)**  
**(2<sup>nd</sup> Grade 7 – 8 yrs.)**  
**Think, Pair, Share: Recipe for a Good Friend**



**STORY CONNECTION – SLIDES 5-8 (Approx Time: 15-20 mins)**

The Friendship Rainforest is in the **social** part of our brain. You can do a lot of things with your friends like talk to them, dance with them, and even exercise with them. Having good friends can help us feel like we are not alone, and our friends make us feel supported. When we have friends that support us and accept us for who we are, that makes us feel good about ourselves and it makes us feel more confident. Importantly, self-confidence makes our brains healthy, happy, and unique. The Friendship Rainforest is extremely important and so is your Social Health. Having friends that are supportive and make you feel confident will prevent you from feeling alone if you are feeling sad or down. Friends help you create a social support system that will help you through tough times. For that reason, friendships help our brains stay healthy.

**Materials needed:**

- Paper
- Pencils
- Chart paper
- Markers
- “Recipe For a Good Friend” template (included below- optional) or blank paper/index card

**Preparation needed:**

- Print recipe template (1 per student) or secure enough index cards/blank paper

**Instructions:**

1. This activity focuses on the S in SPEctacular which stands for Social Health. Student(s) will work with a friend (or the facilitator) to create a recipe for a good friend.
2. Begin the lesson by showing the images of the recipes below or recipes that you have either on cards or in books. Ask the student(s) what they are and what they are used for. Have student(s) share responses out loud.
3. Explain that today they are going to think about making a recipe for a good friend. Just like a real recipe tells the ingredients and steps to follow so your food items turn out well, the recipe or a good friend will list the qualities and steps to cultivate good friendships.
4. Give each student a piece of paper and tell them they will have three minutes to write down all the qualities or words that describe a good friend. You might want to get them started with a word like **caring**.
5. Once time is up, have student(s) get with a partner and share their lists with each other.
6. Once partners have had the opportunity to share with each other, bring the group back together and discuss their ideas and record words on chart paper or the board.

7. As student(s) are sharing their words, ask them to explain why they think that is a good quality to look for in a friend. You do not have to do this with all the words but do several so student(s) can get a full understanding of the word and why it is important relative to friendship.
8. Next, show student(s) the Recipe for a Good Friend recipe card template. If you do not want to use the template, you can use index cards or paper. Explain that they will work with their partner to come up with four words for the friendship "ingredients."
9. Once they do this, they will work together to create the directions or steps to use those ingredients to make and keep a friend. You might want to brainstorm "cooking" words prior to starting. These are words like mix, add, stir in, fold in, whisk, bake, blend, combine, cook, measure, pour, etc.
10. After partnerships have their recipes completed, bring the group back together and have some of the groups share their recipes.
11. In closing, remind student(s) that having friends can help us feel like we are not alone, and our friends make us feel supported. Friends help us create a social support system that will help us through tough times. For that reason, friendships help our brains stay healthy! Their friendship recipes will help them remember what a good friend is so they can be one and what to look for in a good friend. They also need to remember that to have a friend, they must be friends. Friendships help keep our brains happy and healthy.

## Recipe For a Good Friend

### **Ingredients:**

A spoonful of \_\_\_\_\_.

A dash of \_\_\_\_\_.

A sprinkle of \_\_\_\_\_.

A pinch of \_\_\_\_\_.



Cooking up a good friendship together!

### **Directions:**

First,

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Next,

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Then,

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Finally,

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Activity Idea Credit: <https://www.teachstarter.com/us/blog/international-day-friendship-activities-us/>

Kids Cooking Image Credit:

<https://previews.123rf.com/images/iimages/iimages1502/iimages150200272/36011745-illustration-of-two-children-cooking.jpg>