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From a Friend

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826LA

GRADES 1–5

TYPE
SOCIAL-EMOTIONAL
LEARNING

COMMITMENT
1 SESSION: 1 HOUR

PRESENTED BY
CARTOON NETWORK

This lesson was developed and made possible as part of the Inclusion Storytelling Project, a collaboration between 826LA, 826 National, and Cartoon Network’s award-winning “Stop Bullying: Speak Up” campaign. This lesson from 826LA is centered on writing as a vehicle for Social Emotional Learning and is designed to encourage youth to share their individual stories about kindness and empathy in an effort to stop bullying before it starts.

SESSION:

YOU WILL NEED

- [From a Friend — Slideshow](#)
- [From a Friend Brainstorm — Handout](#)
- [From a Friend Letter Template — Handout](#)
- [Modified From a Friend Letter Template — Handout](#)

STEP 1 (10 MINUTES)

“Kid President” Discussion

Show one of the clips from the Kid President video collection (available in the lesson slide), “20 Things We Should Say More Often” video, which names the No. 1 thing to say as

“something nice.” Give students time to react to the video, then use that last point (“say something nice”) to lead into the prompt. Consider the following questions to lead discussion:

- What would you want to add to the list of “20 Things”?
- What is something nice you would say?

Following discussion, let students know they will be writing a letter to someone in their lives as the objective of today’s lesson:

“Kid President challenged us to “say something nice.” Pick someone in your life and write them a letter with at least five nice things that they can read when they are feeling down.”

If you choose to not show the Kid President video to start your lesson, ask students to share why it’s important to compliment or “say something nice” to a person and that they will be writing a letter to a person in their life with at least five nice things that they can read when they are feeling down.

STEP 2 (10 MINUTES)

Brainstorm

Move on to the “From a Friend Brainstorm” handout. Show the example, found in the slideshow, to students to jumpstart ideas. Students will complete the brainstorm worksheet with the name of the special person they chose in the center. Students will fill the outer circle with as many nice things about that person as they can think of, making sure to at least have five. If you’re working with younger students, ask them to develop at least three separate ideas.

STEP 3 (20-25 MINUTES)

Drafting

It's time to write! Display the letter prompt again and direct students to look at their brainstorm worksheet and circle the points that they want to include in their letter. At minimum, students should have 5 things circled; at maximum, they should have ten. Students will then write the letter for the person they've chosen on the [From a Friend Letter Template](#). Throughout the lesson, project the "Not Sure What to Write?" slide for some sentence starters for students who may be stuck on what to write or how to start their letter.

For time or for students feeling stuck, use the [Modified From a Friend Template](#) that includes all the sentence starters.

For early finishers, allow students to pick another person to write a Kindness Letter to, or give them the option to help another student who is not yet finished with their letter.

**Note: This is not meant to simply be a fill-in the blanks and write a letter. This is just to jog any stuck brains.*

STEP 4 (10-15 MINUTES)

Have students share their letters or general themes, either as a whole class or as in small groups. If students would like to give their letter to the person to whom they wrote, make a copy to keep and give the original back to students to share with the person they wrote about.