PSHE Association

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A BETTER MEDWAY
Easier ways to be healthy

Falling out with friends

Year 3 Lesson 2

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Learning objective

☑ We are learning about how to maintain good friendships and about solving disagreements and conflicts with peers.

Learning outcomes

☑ I can identify what helps maintain friendships.

☑ I can describe feelings when disagreements and conflict occur.

☑ I can identify what can help and not help if there are friendship problems.

☑ I can demonstrate strategies for solving arguments with peers.

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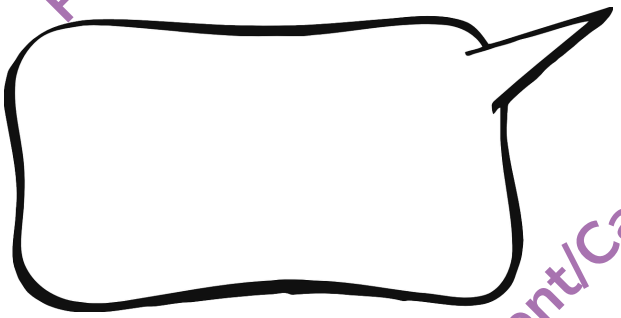
Ground rules



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Friendship circles

They always…

They sometimes…

They never…

Imagine a group of friends.
What do they do to remain good friends?

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Friendship chains

Think back to the previous lesson…

What makes a good (strong) friendship?

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Why might people fall out?

If someone feels or is hurt

If someone feels they have been treated unfairly

Sometimes people fall out because of misunderstandings

Sometimes friends disagree about something important

Sometimes people grow apart or find new friends

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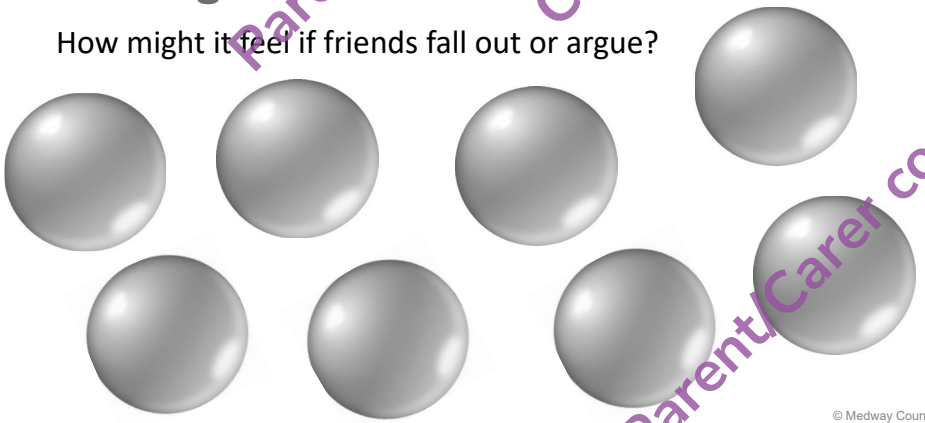
Feelings bubbles

How might it feel if friends fall out or argue?



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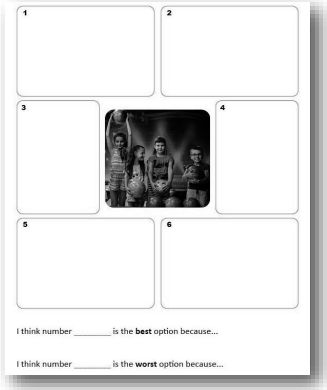
Falling out – concept image

What could the children do or say next?



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Falling out

Listening to the other person's point of view

Time to 'cool off'

What might help?

Saying sorry

Talking about it

Asking an adult to help if needed

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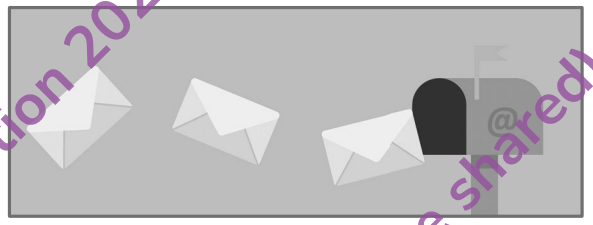
Friendship advice

Work in pairs to respond to the friendship forum post.

What could the character do?



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Mending friendships

Imagine these friends had a falling out.
What could they do to fix or mend their friendship?

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Signposting support

If you have worries about friendships or falling out with friends or if you feel lonely or left out, you can always speak to a trusted adult. This could be an adult at home or at school.

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Extension activity

What happened next?

Write a short account to describe 'what happened next' to the character you advised in today's lesson.

You could write a storyboard or a short paragraph focussing on how the friendship was resolved (mended).

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