



TOPIC

Friendship

LEVEL

Fifth Grade

THEME

Trust & Loyalty

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain how trust and loyalty strengthen friendships.
- Practice making choices that show loyalty and honesty as a friend.
- Make a personal promise to be a loyal and trustworthy friend to help create a supportive Aavidum school community.

MATERIALS

- Friendship Quilt Squares
- Writing Utensils
- Coloring supplies
- Large display space or bulletin board
- Tape or glue for assembling

ESSENTIAL QUESTIONS

- What does it mean to be a loyal and trustworthy friend?
- Why is trust important in friendships?
- How does loyalty connect to Aavidum's goal of creating a school where everyone feels supported and safe?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're talking about trust and loyalty: two things that make friendships strong and help us live Aavidum's message of caring for, accepting, and supporting each other so no one feels alone."

Check-in:

- Say: "Raise your hand if you've ever had a friend you could trust with a secret. How did it feel to know you could trust them?"
- Call on 2 or 3 students to share briefly.

Say: "Trust and loyalty are the glue that hold friendships together. When we can count on each other, friendships grow stronger and we create a safer, kinder Aavidum school."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: "What do the words trust and loyalty mean to you?"

- Collect answers and write on the board.
 - Guide students toward:
 - Trust = believing someone is honest and will keep their word.
 - Loyalty = standing by someone, even when things are tough.

Say: "In Aavidum, we want to be friends who others can rely on, friends who listen, keep promises, and show up for each other. That's how we build a school where no one feels left out or alone."

Friendship Scenarios: "Let's practice. I'll read a scenario, and you will turn to a partner and talk about: What would a trustworthy, loyal friend do here?"

Scenarios:

- Your friend tells you a secret, but another classmate asks you about it.
- You see someone teasing your friend when they're not around.
- Your friend accidentally embarrasses you in front of the class.
- Your friend gets into an argument with someone else. How can you stay loyal without being unfair?

Discuss briefly after each: "What would Aavidum look like in this situation?"

ACTIVITY: FRIENDSHIP PROMISE QUILT (20 MINUTES)**Instructions:**

- Say: “Now it’s time to make our Friendship Promises. You’re going to create an acrostic poem using the word FRIEND. Each letter will start a sentence about how you will be a trustworthy and loyal friend.”
- Model on the board (example):
 - F – Forgive my friends when they make mistakes.
 - R – Respect their secrets and privacy.
 - I – Include them when they feel left out.
 - E – Encourage them when things are hard.
 - N – Never talk behind their back.
 - D – Defend them if someone is mean.
- Hand out Friendship Quilt Squares (blank squares of paper).
- Provide a Friendship Promise Sentence Starter Sheet for students who struggle with writing
 - Example prompts:
 - “I will be loyal by...”
 - “I will show trust by...”
 - “I will never...”
- Students write their acrostic and decorate their square with colors, symbols, or drawings representing loyalty and trust.
- When finished, students tape their squares together to form a “Friendship Quilt” that will be displayed as a reminder of Aavidum friendship values.

WRAP-UP (5 MINUTES)

Gather in a circle near the quilt.

Say: “Look at our Friendship Quilt! Every square shows a promise we’ve made to each other. When we keep these promises, we build trust, loyalty, and friendships that last, and we make our school an Aavidum school, where everyone feels supported.”

Ask:

- “What is one way you can show loyalty to a friend this week?”
- “How does trust help friendships last?”
- “How do trust and loyalty connect to Aavidum’s goal of making sure no one feels alone?”

Challenge:

- “Your challenge this week: Choose one part of your friendship promise and practice it with someone. This might be encouraging a friend, defending someone, or simply being there when they need you.”