



Winter Friends

School lesson plan





Winter Friends - overall objectives:

- To build positive relationships with the people around us
- To show kindness, compassion and care towards others in our community
- How can my family and I be a good Winter Friend?

Today we are going to be learning about.... How to be a 'Winter Friend'



This is Okko the owl. Okko is a Winter Friend.

He likes to **look out for others around him** and check that they are ok, **especially during winter time** when the weather is cold as it can be a difficult time for many people...





What is a Winter Friend?





A 'Winter Friend' is someone who is:



Kind



Caring



Shows compassion towards others



Provides a little help or support to those that might need it



Okko thinks about all the kind things that would help and show that someone cares.

This Winter Friend is offering their neighbour a lovely warm bowl of soup that they have made at home.

Hmmm yummy, it's very tasty and warm in their bellies!





**Winter
Friends**

Activity:

**What warm food and drinks do you like?
Make a list!**

**Would you be happy if someone offered to
make you something nice to help keep you
warm in **W**inter?**





Do you think YOU could be a Winter Friend? Lets see...

Are you kind?

Are you caring?

Do you like to make people smile?

Then it's **GOOD NEWS** - you're on the path to becoming a wonderful
"Winter Friend!"



Will you help Okko remember his ‘Winter Friends Motto’?

Okko has some words to help you remember what is important over winter time.

Winter Friends like to help people to

‘KEEP WARM & STAY WELL’ through winter.



KEEP

Arms forward and pull in





WARM

Cuddle arms across body
(give yourself a nice big hug!)





STAY

Point down to keep still to the ground





WELL

Thumbs up!





**Winter
Friends**

Activity:

Let's try the Winter Friends Motto together!

**Can you do it 3 times in a row? Quiet, Loud?
With no words, just actions?**

Well done!





Winter Worries..

Lots of us may like winter and especially when it gets really cold and snow appears, but for some people this can make them worry...





**Winter
Friends**

Activity:

**Use the pictures on the next page to work
out what these winter worries might be**







Answers

1. They feel sad / lonely / or isolated
2. They are scared they may slip/fall - worried about walking out in case it is slippery
3. They are left at home feeling cold, struggle to warm up
4. They struggle to leave their house to get to the :- shops (to get food) / doctors (for appointments) / pharmacy (to collect prescriptions) / Post Office (to post their letters)



**Winter
Friends**

Activity:

Who might have winter worries?

Can you help Okko guess what each picture shows to find out **WHO in particular may need extra help and support during winter time?**







Answers

1. Older people / frail
2. Living with an illness,
3. Living with a disability / someone who may struggle to get around as easily
4. People who are pregnant
5. People with babies and very young children



**Winter
Friends**

Activity:

**What can you and your family do to be a
Winter Friend this winter time?**

**Can you help Okko think of some kind and
caring ideas to help his neighbours?**







Here's some ideas...

- Get your adult to offer a hot chocolate or cup of tea (it's always good to chat)
- **Offer** to get some shopping for them.
- Take over spare blankets to a neighbour if it's very cold
- **Offer** to take a neighbour's parcels to the Post Office or post their letters
- **If** someone is worried about slipping but they need help to take their dog out for a walk, would your grown ups help you take their dog out for some fresh air?
- Help grit someone's driveway or clear snow out of the way with a big spade
- Take over leftovers of a favourite winter warming recipe to a neighbour



So if you can think of some small acts of kindness and want to help others who may need it - then you can all become our **Winter Friends** too with your family and help others to

‘KEEP WARM & STAY WELL’ this winter.

You and your family can help make our community kind and caring, and build positive relationships with the people living around you.



Take home activity booklet

Fun activities to do at home to show your grown ups about the lovely things you have learnt today with Okko the Owl, and how to look out for other people in your community who may need your help this winter.

