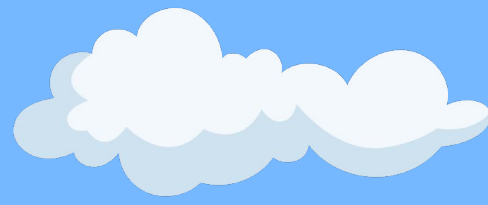


FRIENDSHIP WEEK MAKE SPACE



OUR
LADY'S
SCHOOL
TERENURE

Why is Friendship Week Important?

- **Celebrating kindness:** Friendship Week is a chance to focus on the good — being supportive, respectful and kind to each other.
- **Building community:** It reminds us that our school works best when everyone feels included and safe.
- **Preventing bullying:** When we look out for each other and celebrate friendship, we reduce the chances of bullying happening.
- **Giving everyone a voice:** The week gives us space to share positive messages, strengthen friendships and welcome new connections.



♥ How It Links to Bí Cineálta (“Be Kind”)

- Being kind means respecting everyone, even if they’re different from you.
- Kindness helps create a school where no one feels left out or targeted.
- A small act of kindness — a smile, a kind word, including someone in a game — can make a big difference in someone’s day.
- Bí Cineálta is not just for Friendship Week: it’s an attitude we bring into every class, every activity and every friendship.





Think, pair and share

- 1) What is bullying?
- 2) What are the different types of bullying?

What is Bullying Behaviour?

- Bullying is targeted behaviour, online or offline, that causes harm.
- Bullying behaviour is repeated over time and involves an imbalance of power in relationships....BUT...
- A single hurtful message posted on social media can be considered bullying behaviour as it may be visible to a wide audience and has a high likelihood of being shared multiple times.

What types of bullying are there?

Relational Bullying: Leaving someone out on purpose, spreading rumours, taking away their friends or making them feel unwelcome.

Cyberbullying: Being mean online by sending hurtful messages, sharing private information, creating fake profiles or purposefully excluding others from group chats.

Verbal Bullying: Calling people names, making fun of how they look, talk or where they are from.

Physical Bullying: Hurting someone by pushing, hitting or damaging their property.

Written Bullying: Writing hurtful things about someone in school places or passing around cruel notes or drawings.

Extortion: Using threats to take someone's belongings or force them to do something they don't want to do.

Identity-Based Bullying: Being mean to someone because of who they are — their race, religion, gender, disability, background or sexual orientation.

Friendships between women, as any woman will tell you, are built of a thousand small kindnesses ... swapped back and forth and over again.

Kindness is a free currency from a well that will never dry up



Being kind is harder than being cruel. That's why kindness is real power.



GLAMOUR

Bí Cineálta Poster Competition



Friendship Week Activities

1st Year	Create Friendship Bracelets
2nd Year	Create colourful paper fortune tellers filled with positive messages.
3rd Year	Memory Sharing Circle – Share a favourite school memory or a time when a friend helped them or write an anonymous “thank you” notes to friends in the year.
4th Year	Friendship Bingo - Get to know your class better!
5th Year	Design Friendship Bookmarks for 2nd Years
6th Year	Design Friendship Cards for 1st Years

Friendship Week Activities

1st Year

Create Friendship Bracelets

Task: Make a friendship bracelet for yourself or a classmate.

Instructions:

- Choose your colours and patterns.
- Braid, knot, or twist your bracelet.
- Give it to a friend or keep it as a reminder of friendship.

Friendship Week Activities

2nd Year

Create colourful paper fortune tellers filled with positive messages.

Task: Create a colourful paper fortune teller filled with kind messages.

Instructions:

1. Fold a square piece of paper into a fortune teller.
2. Write positive messages or compliments inside.
3. Decorate it with colours or stickers.
4. Show it to a friend and teach them how to use it!



Friendship Week Activities

3rd Year

Memory Sharing Circle – Share a favourite school memory or a time when a friend helped them or write an anonymous “thank you” notes to friends in the year.

Task: Share a happy memory or write an anonymous thank you note.

Instructions:

1. Think of a favourite school memory or a time a friend helped you.
2. Share it with your group or class.
3. OR write an anonymous “thank you” note to someone in your year.
4. Place the notes in a class box/folder to brighten someone’s day!

Friendship Week Activities

4th Year

Friendship Bingo - Get to know your class better!

Task: Play Friendship Bingo to get to know your classmates.

Instructions:

1. Each square on your bingo sheet has a prompt (e.g., “Find someone who likes football”).
2. Walk around and find classmates who match the prompts.
3. Write their name in the box.
4. Try to get a full line or fill the sheet.



Find someone who has the same favourite colour as you.	Find someone who has a pet.	Find someone who has a sibling in the school.	Find someone who has travelled to another country during the summer.	Find someone who enjoys drawing or painting.
Find someone who has a birthday in the same month as you.	Find someone who plays a sport.	Find someone who can do a cool trick (like juggling, whistling)	Find someone who has the same favourite school subject as you.	Find someone who has a favourite animal.
Find someone who has a nickname.	Find someone who can play a musical instrument.	Find someone who likes spicy food.	Find someone who has a pet with a funny name.	Find someone who has the same shoe size as you.
Find someone who gave a compliment today.	Find someone who said “thank you” to a teacher or classmate.	Find someone who did a random act of kindness today.	Find someone who listened when a friend needed to talk.	Find someone who shared a positive story or joke to make someone smile.

Friendship Week Activities

5th Year

Design Friendship Bookmarks for 2nd Years

Task: Design a bookmark to give to a 2nd Year student.

Instructions:

1. Think about kindness, friendship and fun designs.
2. Include a positive message or quote - make it relevant for 2nd Years
3. Decorate it with colours or doodles.
4. Deliver it to your paired 2nd Year student.



Friendship Week Activities

6th Year

Design Friendship Cards for 1st Years

Task: Create a special friendship card for a 1st Year student.

Instructions:

1. Write a kind message, a compliment or encouragement.
2. Decorate with drawings, stickers, or colours.
3. Hand it to your assigned 1st Year student.

Remember: Your words can make someone feel welcomed and valued!

