

# FRIENDSHIP WEEK

ACTIVITY PACK 2019

Celebrate welcoming and friendship with Amnesty International Ireland



## Help everyone feel welcome this Friendship Week!

Friendship Week is Amnesty International Ireland's annual celebration of human rights and friendship. This activity pack contains ways to explore these ideas with your class, school and wider community. The activities are easily adaptable from junior infants to sixth class.

This pack aims to develop children's understanding of friendship, welcoming and belonging. It encourages positive values and behaviours in our classrooms, during yard time and into our local communities and beyond. It also highlights the current refugee crisis and introduces teachers and students to the Welcoming Communities section of our #IWelcome campaign.

## How does Friendship Week link with the curriculum?

**SPHE** – Myself, Myself & Others, Myself & the Wider World

**English** – Especially Oral Language

**Gaeilge** – Labhairt, scríbhneoireacht, éisteacht

**Maths** – Data, Spatial Language

**History** - Story

**Geography** – Human Environments, Living in the Local Community

**Music** – Listening & responding to songs, Performing

**Visual Art** – Looking and responding, Painting & Drawing

**LT/RE/Moral and Ethical Education**

## When do we feel welcome?

We feel welcome when the place we are in feels safe and the people around us help us to feel like we belong. They do this by being friendly and kind and giving care and support when we need it. When we belong we feel we can contribute the best of ourselves to build our community. What are some places where we feel welcome? In our families, with our friends, in our class and school? Do we feel welcome in our neighbourhood, our town or city, in our country? If not - why not? How can we help others to feel welcome?

Our world is made up of over 7 billion people, everyone is unique and has an important contribution to make. But over 60 million people worldwide are displaced from the place they call home. Many of them have become refugees and asylum seekers and many cannot find a place where they are welcome. When you don't feel welcome life becomes very hard. In this pack we explore why people are on the move and activities in welcoming and friendship through which we hope that your school can become a place where everyone can say 'I feel welcome'.



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# Classroom activities for welcoming and friendship

## Bags of Welcome

Imagine that a new child is coming to your class next week. Imagine they are not from your town or city or maybe even your country. Put together a bag of things that would make them feel welcome. Teach them about your school and the nice things you do together in class. You could make a video to introduce them to your school community - showing the school grounds and introducing people like the secretary, the caretaker and the principal. What else could you do to make them feel welcome?



SPHE

## Where in the world

Ask the children to name all the countries and cities where they know someone. It can be their aunt, cousin, grandparents or friends. Use atlases to find all the countries. On a large map of the world mark out all the countries that your class are connected to and display it with the words 'Our Friends Live Near and Far' Why not learn some facts about each of these countries and display the fact files nearby.



SPHE,  
GEOGRAPHY,  
ENGLISH

## Art Out Loud

In this activity the class are divided into pairs - one 'describer' and one 'artist'. The describer is given a picture and cannot show it to the artist. The artist must draw or paint a picture depending on the 'describer's' descriptions. This activity encourages the children to work together and to use clear descriptions and good listening skills.



SPHE,  
MATHS

## Stobhach Cairdis

Déan 'Stobhach Cairdis' leis an rang iomlán chun é a ithe agus roinnt le chéile. Ar dtús scríobh an oidis le chéile mar rang. Cad iad na rudaí a bheadh le taisteáil agaibh? Conas a dhéanadh é? Iarr ar na páistí glasra amháin a thabhairt isteach agus é a chur leis an stobhach. Is féidir 'caoineog torthaí' (fruit smoothies) a dhéanamh freisin nó brioscaí a bhácáil.



GAEILGE



## Refuge for all

Find out the definition of the word REFUGE with your class. Where does the word come from? Then find out definitions of the word refugee. How are they connected? Does everyone have a right to refuge? Can your class remember times in history when people were searching for refuge? What rights do refugees have? Research Article 14 of the UN declaration of Human Rights to find out more.



ENGLISH,  
HISTORY

## A friendly visitor

Arrange to have a visitor come to your class. It could be someone who works in the school like the secretary or the caretaker or someone who works in the local community like a Garda or a shopkeeper. It's your job to do your best to make the visitor feel welcome. Will you make a welcome sign, say hello to them when they arrive, take their coat, bake them a cake, perform a song for them? What else can we do to make someone feel welcome in your class?



SPHE

## Kindness Klub

Create a time in the week to practice Random Acts of Kindness. In this club the children come up with activities that make someone's day a bit brighter. Give out free hugs, leave positive messages on all the bathroom mirrors, read a story to a younger class. Make a list of easy ways to be kind and share them far and wide. **Kindness doesn't cost a penny, throw it around like confetti!**



SPHE

## Friendship games

- Mirror images: Face your partner - one child leads by changing their facial expressions and moving their limbs – the other child must mirror every movement.
- Elevator: Stand facing your partner, hold hands and lean back, then focus as you bend your knees until you're both squatting. Try to work together to stand up again, balancing together.
- Back-to-back chair: sit on the ground against your partners back. Bend your knees so your feet are flat on the ground and hook your elbows together. Now push into each other and breathe together to stand up strengthening your balance and resistance.
- Create a Friendship Handshake with a partner, then teach it to another pair. Why not create a friendship handshake for your whole class?



P.E.

“ I LEARNED THAT COURAGE WAS NOT THE ABSENCE OF FEAR, BUT THE TRIUMPH OVER IT. THE BRAVE MAN IS NOT HE WHO DOES NOT FEEL AFRAID, BUT HE WHO CONQUERS THAT FEAR. ”

NELSON MANDELA

AMNESTY  
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# Whole School Activities

## Songs of welcome and friendship

Learn some songs and host a Friendship Week concert. Why not invite some friends from the school community and outside to see you perform? Some great songs to learn are *With a Little Help from my Friends* – The Beatles, *Count on me* – Bruno Mars, *Umbrella* – Rihanna, *I can tell that we are gonna be friends* – The White Stripes, *Hometown* – Where I belong, *Ho, Hey* – The Lumineers, *The Gift of a Friend* – Demi Lovato, *You'll be in my heart* – Phil Collins from Tarzan and *You're Welcome* from Moana.

## Our school speaks

Take a survey to find out how many different languages the children in your school can speak. See if they can translate phrases like *Hello*, *Welcome to our school* and *I want to be your friend* into many of the languages. Make a massive display showing all the different phrases in the school hallways.

## Yay for Yard!

Yard time is a wonderful opportunity for children to develop friendships. Have a special focus this week on how to make new friends and welcome new friends into your game. Talk to the children about why we play. Who has the right to play? What are some strategies to make sure everyone enjoys yard? Teach the children some group games they can play in yard like Duck, Duck, Goose and What time is it Mr. Wolf. Did you know Article 31 of the UN convention on the Rights of the Child says "Every child has the right to play and rest." When we enjoy our rest and playtime in yard we are enjoying our human rights and the wonderful freedom we have in Ireland. Did you know that not all the children in the world are able to rest and play each day? Why not learn more about the Rights of a Child?



## Share the learning

Assembly is a wonderful opportunity for classes to present some of the work they have been doing in their classes around friendship and welcoming. Why not show some of the art or share stories or poetry written by your class. Perform a song that fits with the theme. Or present what you have learned about Human Rights, Children's Rights and Refugees Rights this week.



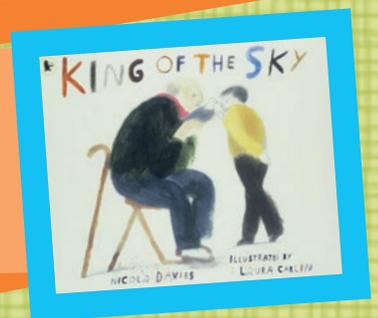
## Stories of friendship, difficult journeys and kind welcomes

Using picture books and stories is a great way to engage all class levels in discussion and creative response to human rights education. Through fiction the children can discuss important topics in a safe space. Encountering a variety of characters with complex thoughts and feelings allows for a deepening of empathy skills. The following are just a few of the wonderful books that can provide great learning opportunities in English, Drama and across the curriculum as part of Friendship Week.



*King of the Sky* by Nicola Davies is about a young immigrant boy starting a new life. He is feeling lost and alone until he meets an old man who keeps racing pigeons. Suitable for children 4+

Download at <https://amnestyshop.org.uk/king-of-the-sky-by-nicola-davies-pb.html>  
Printed version can be purchased at [amnestyshop.org.uk](https://amnestyshop.org.uk)



*The Day War Came* is an important story about the journey of a child forced to become a refugee when war destroys everything she has ever known. It is also written by Nicola Davies and suitable for children 5 - 7 years.

Download at <https://amnestyshop.org.uk/the-day-war-came-by-nicola-davies-hb.html>  
Printed version can be purchased at [amnestyshop.org.uk](https://amnestyshop.org.uk)

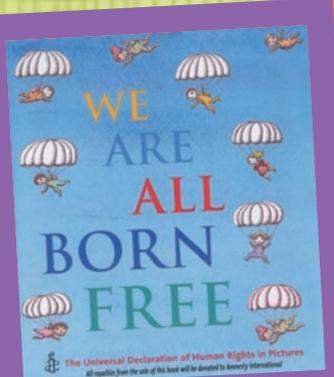


*Something Else* is a beautiful heart-warming story by Kathryn Cave and illustrated by Chris Riddell. It's about difference and acceptance – suitable for all levels.

*The Arrival* by Shaun Tan is a wordless graphic novel about someone leaving where they belong and journeying to somewhere new. This book provides endless scope for written, dramatic and oral response and can be adapted for all levels.

*We Are All Born Free* Artists and illustrators from all over the world offer their personal interpretation of the Universal Declaration of Human Rights Articles in this outstanding picture book for children.

Printed version can be purchased at [shop.amnesty.ie](https://shop.amnesty.ie)



# Questions to Explore

Use some of the questions below to begin a discussion in your class. Then use creative methodologies and a variety of responses to explore deeper

## Friendship

- What is a friend?
- How can you be a friend?
- How can you make a new friend?
- Why do we need friends?
- What is the best/worst thing about having/not having friends?

## Feeling welcome

- Where do I feel welcome?
- Who are the people that make me feel welcome?
- How do people make me feel welcome?
- What could I do to make someone else feel welcome?
- Is it true that you feel welcome in school?

## Displaced people

- Why are there so many displaced people in the world right now?
- How do you think they feel after leaving their homes?
- What can we do?
- I wonder what their journey was like...
- Why do people become displaced?

## Belonging

- Where do you belong?
- Where do you feel you don't belong?
- How can you help someone else to belong?
- Why do we like to feel a sense of belonging?
- I wonder what it feels like to not belong?

## Foclóir agus Frásaí

**welcome** - fáilte / fáilte romhat

**the bond of friendship** - ceangal cairdis/ snaidhm chairdis

**people of all nationalities** - daoine as gach tír

**asylum seekers** - iarrthóirí tearmainn

**refugee** - teifeach

**refugees** - teifigh

**refugee centre** - ionad do theifigh

**refugee family** -teaghlach dídeanaíthe

**my friend is a refugee from Syria** - is teifeach é/í mo chara as an tSiria

**they were welcomed with open arms** - cuireadh fáilte chroíúil rompu

**home** - áit chonáithe/ teach/ baile

**welcome to my home** - fáilte romhat go dtí mo theach/ fáilte romhat go dtí m'áit chonáithe

**friend** - cairdeas/ muintearas

**to become friends with someone** - éirí cairdiúil le duine / cairdeas a

dhéanamh le duine / muintearas a dhéanamh le duine

**my current home** - an áit a bhfuil cónaí orm faoi láthair/ an áit a bhfuil mé i mo chónaí faoi láthair

**I belong here** - tá mé ar mo shuaimhneas anseo/ seo an áit is dual dom/ tá mé sa bhaile anseo

# Talk & Discussion



Use a variety of methodologies to encourage your class to discuss the questions



## Circle time

**Circle time** gives every child the opportunity to speak and be heard. Get up off your chairs and have a **Walking Debate**. This allows the children to formulate opinions and to listen to other people's points of view. Remember we are free to change our opinions whenever we like. **Buddy interviews** are a great way for children to ask questions and listen to answers. You could sit in two circles facing each other and move after a set time so as to interview lots of different people.

## Make a splash

Respond through visual art, painting drawing, building and doodling. Give the children time to explore their own feelings through art. Or work together to make a collaborative piece. Create posters that raise awareness of issues that the children feel passionate about. Or make a large display. Use one of the following topics as a stimulus.

- Friendship makes me feel...
- #IWelcome Refugees because...
- In a World where you can be anything, Be Kind

## Ask more questions, find more answers

When you begin to ask powerful questions, more questions will arise. Make a list of these and do some research. Or why not find out the answers to these questions? Collect the data and display it using graphs or pie charts.

- Where do most of the world's refugees come from?
- How many asylum seekers or refugees live in Ireland? Where do they live?
- What are other times throughout history that have led to many refugees being on the move?

“YOU CAN'T USE UP CREATIVITY – THE MORE YOU USE, THE MORE YOU HAVE”

MAYA ANGELOU

## Write it out

Allow children to write their thoughts and feelings about the questions asked in English or as Gaeilge. This can be done through journal entries or short stories. 'How to be a good friend' could even be written in procedural style. Writing and creating a comic strip or cartoon is another great way to share stories of friendship and welcoming. Give the children sticky notes and ask them to write

their responses to questions you have written and placed around the room. Why not explore the themes through poetry. Write acrostic poems for key words like **friendship** and **welcome**. Or try to write some Haikus about the topics. A Haiku is a Japanese form of poetry that has 3 lines with 5 syllables in the first, 7 syllables in the second and 5 syllables in the third.

# Join the movement to welcome refugees



We live in a world where people have no choice but to flee their homes and countries – and rely on the kindness of strangers to help them start again.

Over 25 million people worldwide are refugees right now, and governments aren't doing enough. Many hold refugees in unsafe camps and refuse to help millions of others. But we don't have to wait around while governments get their act together.

Amnesty International is a movement of people who believe the things that unite us are far more powerful than those that divide us. Our #IWelcome campaign is about solidarity with people forced by war, persecution and crisis to flee their homes and countries. This is why we are promoting people-powered ways to welcome refugees: because together, we are powerful.

We started the 'Welcoming Communities' project to encourage people to welcome refugees and other newcomers in their own ways, and to help create a more welcoming country.

Great things happen when people come together. All across Ireland and around the world, people are doing simple things to make newcomers feel welcome in their communities – simply because they empathise with people who have lost everything, and want to create open, friendly communities to live in.

Together, we can all do something – however small – to welcome newcomers in our communities. Whether it's adding your voice to a petition, taking action locally, or something unique to you: there is so much we can do together to welcome refugees.

## ACTIONS

Here are some ways you can stand with refugees and people seeking asylum in Ireland, in Europe and in the USA. See page 9 for sample letters you can write. You can send your letters to us so that we can send them on. Post to: Friendship Week, Amnesty International Ireland, Sean MacBride House, 48 Fleet Street, Dublin 2 or email [friendshipweek@amnesty.ie](mailto:friendshipweek@amnesty.ie).

## Help to make your school a welcoming school!

Here are some suggestions. Please take photos of what you create and send them to us.

- Discuss the importance of a welcoming, safe and inclusive school and classroom.
- Create a welcoming doorway that welcomes everyone and celebrates diversity. Turn to page 11 to see how you can enter our competition!
- Create multi-lingual signs and labels for different areas of your school.
- Stand with refugees and people seeking asylum!

## Welcoming Communities Definitions

**Asylum-seeker:** someone who has applied for protection in another country, but hasn't been recognised as a refugee yet.

**Migrant:** a person who moves from one country to another to live and usually to find work or join their family.

**Persecution:** where a person is treated badly and their life or freedom is at risk based on who they are or what they think.

**Refugee:** a person who has fled from their own country because of war or because they are at real risk of persecution because of who they are or what they believe.

**Responsibility-sharing for refugees:** this means that countries should be working together to protect refugees and help them build a future.

**Solidarity:** to show support for another person and act with them as equals. Actions include writing letters or postcards to people experiencing human rights violations, and working alongside people who are affected by human rights issues in Ireland.

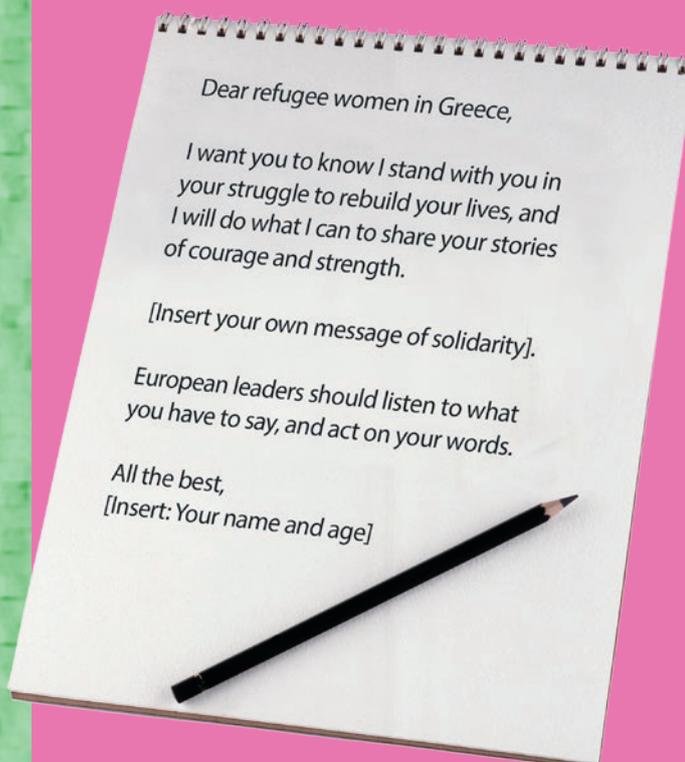
# Classroom Activism

**Greece: send a message of solidarity to refugee women in Greece.**

## Background:

Thousands of women and girls fleeing war or persecution undertake extremely difficult journeys, hoping Europe will be a place of safety. For many, those dreams are shattered when they arrive in Greece. The camps they stay in are dirty and very dangerous, especially for women and girls. Refugee women in Greece have important things to say about their future. Let them know you hear their voices and share their call for a safe future in Europe.

## Sample letter:

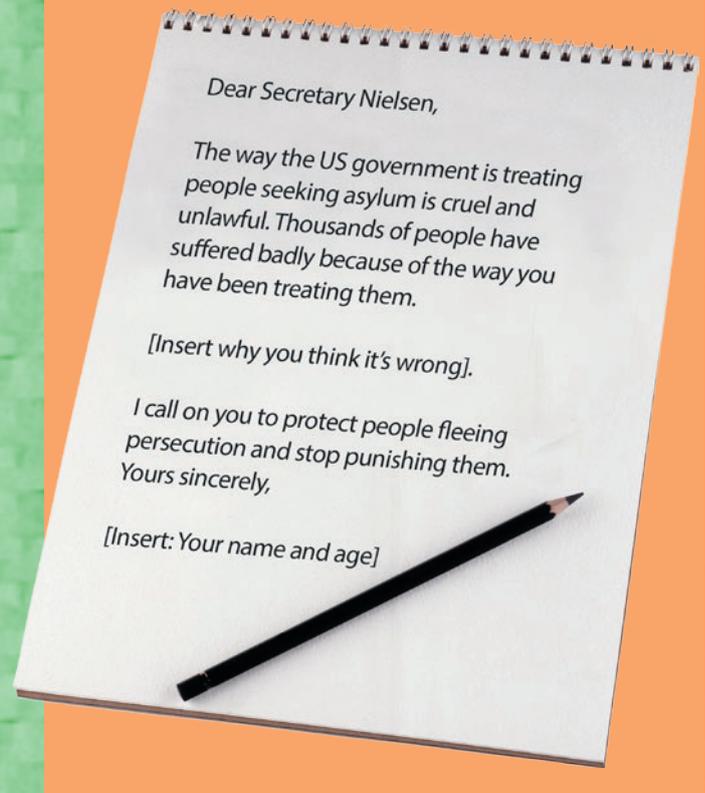


**USA: Tell politicians in the USA to stop punishing people seeking asylum.**

## Background:

US President Donald Trump and his government are punishing people trying to seek refuge and protection in the USA. They have separated thousands of children from their parents, and locked up many people in detention for years waiting to hear if they will be allowed to stay. They have also sent many people back to danger in their home countries. This has caused great suffering and is a breach of their human rights.

## Sample letter:



Send your letters to Friendship Week, Amnesty International Ireland, Sean MacBride House, 48 Fleet Street, Dublin 2. Or email [friendshipweek@amnesty.ie](mailto:friendshipweek@amnesty.ie)

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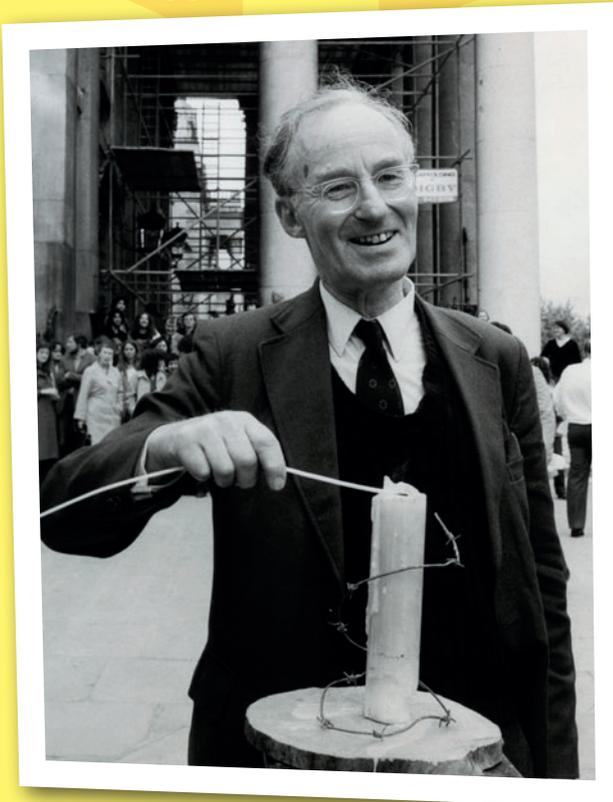


## What is Amnesty International?

Amnesty International is a global movement of more than 7 million people who take injustice personally. We are campaigning for a world where human rights are enjoyed by all.

Through our detailed research and campaigning work, we help fight abuses of human rights worldwide. We bring torturers to justice. Change oppressive laws. And free people jailed just for voicing their opinion.

In 1961, a lawyer called Peter Benenson read a newspaper story about two students from Portugal who were put in jail for making a toast to freedom. Peter thought it was unfair that the students were imprisoned just for celebrating freedom. He wrote a newspaper article calling for the release of all people imprisoned because of what they believe. More than 1,000 people contacted him because they too wanted to do something about injustices in the world. They then started the organisation that is Amnesty International.



“ I WAKE UP IN THE MORNING ASKING MYSELF WHAT CAN I DO TODAY, HOW CAN I HELP THE WORLD TODAY. ”

JULIA BUTTERFLY HILL - ENVIRONMENTAL ACTIVIST

## How your support helps

We use the funds raised from initiatives such as Friendship Week to continue our human rights work here in Ireland and all around the world. It works!

In last year’s Friendship Week pack, we asked you to take action for Tep Vanny. Thank you to anyone who wrote letters to the Cambodian Prime Minister on Tep’s behalf as, after 735 days behind bars, Tep was finally released! She was among a large number of human rights activists, protesters and others to receive a royal pardon, six months before the end of her sentence for peacefully protesting. More than 200,000 people around the world had joined our campaign for her release. Tep Vanny, along with three other Boeung Kak activists, was released from prison on 20 August 2018.



Tep enjoying family life again

## Eradicating child labour

Highlighting Amnesty research, CNN broadcast an in-depth investigation into how cobalt mined by children and adults in hazardous conditions in the Democratic Republic of Congo (DRC) is entering the supply chains of the world’s largest tech and electric vehicle brands. In response, Daimler, owned by Mercedes Benz, announced it would investigate its supply chain.

## Human Rights Education

Moldova’s Ministry of Education adopted a human rights education curriculum developed by Amnesty Moldova for primary and high schools. This success – a first in the region – follows a pilot initiative, in which close to 700 students from 22 schools participated.

## Arms to Yemen

Following sustained campaigning by Amnesty and partner NGOs calling on all states to stop supplying arms to the Saudi Arabia-led coalition in Yemen, Norway announced that it had suspended arms transfers to the UAE over concerns they would be used in the Yemen conflict. Germany also announced it would stop approving arms exports to any party involved in the conflict.

# Competition Time!

## Céad Míle Fáilte Competition

Win a human rights hamper by making your school the most welcoming.

How to take part:

Decorate the front door, or any door in your school, with informative and eye catching artwork. Take a good photo of the artwork, write a paragraph of up to 200 words explaining your Céad Míle Fáilte doorway, and send both to us at [friendshipweek@amnesty.ie](mailto:friendshipweek@amnesty.ie).

### The basic criteria for judging the artwork is:

- It makes everyone feel welcome
- It's awareness raising
- It shows empathy with the rights of refugees
- It demonstrates an understanding of the human rights issues that refugees face
- The phrase 'Friendship Week' is included

### Add these for an extra chance to win:

- Colour
- Creativity
- Innovation
- Interactivity

### Use messages like:

- Our school welcomes refugees
- Everybody's world
- #IWelcome

### There are 2 categories to the competition:

1. Whole school activity
2. Single class activity (please indicate which class year – 1st, 5th etc.)

## Friendship Week Fundraising Competition

The clue is in the title! Whichever school raises the most funds wins a school trophy & human rights hamper. Please return your funds by Friday 10th May to be in with a chance to win.

### There are 4 simple ways to donate the funds you raise:

1. Return the funds online at <https://www.amnesty.ie/donations/friendship-week-donate/>
2. Return the donation form included in your pack using the FREEPOST envelope, along with your cheque or postal order.
3. Call 01 863 8300 and make your donation using a credit/debit card.
4. If you wish to make a bank transfer, please email [friendshipweek@amnesty.ie](mailto:friendshipweek@amnesty.ie) and we will send you our bank details. Thank you!



**Congratulations to Hansfield Educate Together National School for winning the 2018 Fundraising competition. They raised a whopping €832! Thanks so much to Stephen Allis and all of the staff and students at the school.**



## What are human rights?

All humans have rights simply because they are human. Everyone needs rights to lead a safe, peaceful and healthy life. Human rights belong to everyone no matter who you are, where you live, what colour your skin is, what your beliefs are, whether you identify as a boy or a girl or whether you like girls or boys.

We all have contact with human rights issues on a daily basis. We all have the right to a name, a nation, an education, a home, healthy food and clean water to name just a few. Human rights matter because they make sure that everybody is treated fairly, with dignity and respect.

## The Universal Declaration of Human Rights

There is an important document called the Universal Declaration of Human Rights (UDHR) which lists 30 human rights that belong to all people. On December 10th 1948, an organisation called the United Nations announced that they had written the UDHR. The UN is an international organisation made up of 193 nations. It works to bring all nations of the world together to make sure there is peace in the world and human rights are respected. Children are entitled to all the human rights set out in the UDHR but also have a special list of rights belonging to children called the Convention on the Rights of the Child.

## Taking Action & Raising Funds

Students and teachers can act as advocates for human rights by selling or buying €2 Friendship Week bracelets. Each €2 will directly help Amnesty International continue campaigning on behalf of people whose human rights have been abused. Fundraising is just one more way to defend human rights and take action for a more just world.



## More Resources

You can access further helpful resources on our website – for example:

- Amnesty online course on Refugee Rights in collaboration with edX
- Amnesty International, 'Classroom to Community': Eight educational resources to better understand the refugee crisis
- Amnesty Human Rights Academy
- Amnesty International Human Rights Education

Please go to:

[www.amnesty.ie/friendship-week-2019-resources/](http://www.amnesty.ie/friendship-week-2019-resources/)

If you have any questions regarding these resources, please contact us at [friendshipweek@amnesty.ie](mailto:friendshipweek@amnesty.ie)

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A big thanks to Ann Foulds who devised the Friendship Week pack for 2019. Thank you also to Gillian Quann, Orla Potter and their students for all their help and support.



“THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE.”

RALPH WALDO EMERSON -  
PHILOSOPHER & POET