

FRIENDSHIP WEEK ACTIVITY PACK

2022



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 our work.

ACTIVITIES FOR THE
CLASSROOM & SCHOOL

BEING A FRIEND
TO REFUGEES

HOW YOUR SUPPORT
HELPS

AMNESTY
INTERNATIONAL





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 80 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'.

WHAT IS A REFUGEE?

A refugee is a person who has fled from their own country because of human rights abuses they have suffered there because of who they are, or what they believe in. Often their own government cannot or will not protect them. Because of this, they have to go to other countries for protection.

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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.

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?

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.

TAKE ACTION!

We are asking class groups to creatively communicate with An Taoiseach Micheál Martin about making human rights real in modern Ireland. You could send him letters, photos, tweets, infographics, collages; anything that creates a dialogue about human rights. You could say that it is really good that we are sending money and taking in some refugees, but that there are millions in desperation and that Ireland could do more. You can ask him to increase the amount of Afghan refugees that Ireland will take in. You can ask him a question that will make him think about the way Afghan refugees will be welcomed in Ireland. You could send him a suggestion for how we can make Ireland a more inclusive place. It's up to you and your class! Send your communications back to us and we will send them on to the Department of the Taoiseach:

Amnesty International Ireland,
Sean McBride House,
48 Fleet Street, Dublin 2
Or Tweet: @MichealMartinTD and use
#FriendshipweekAmnesty



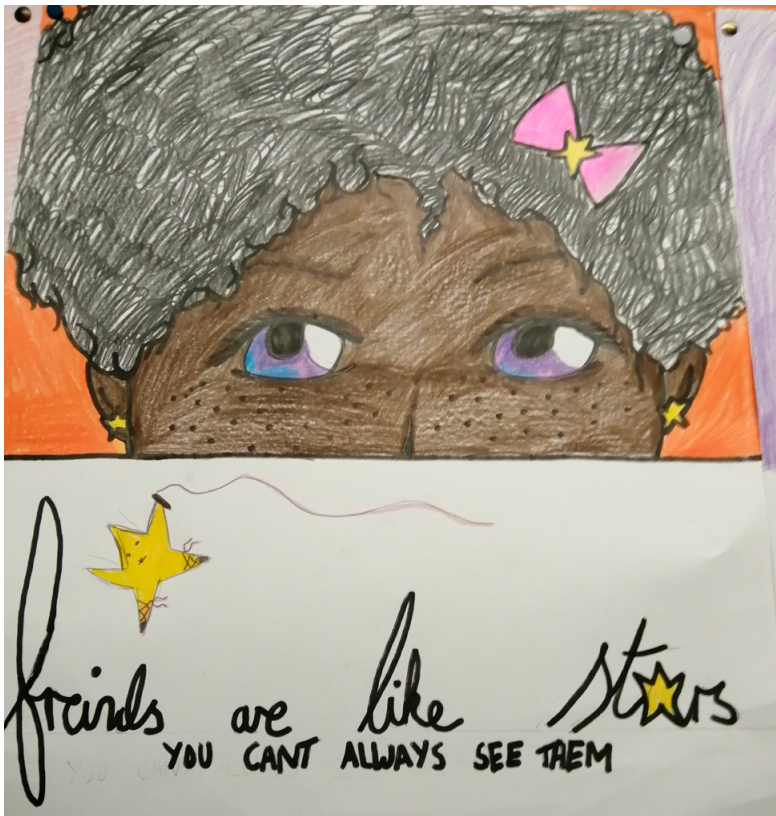
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KINDNESS KLUB

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. They could leave positive messages on all the bathroom mirrors or 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!



A CHAIN OF FRIENDSHIP

Give each child a strip of paper (a quarter of an A4 page is ideal) that they can decorate and fill with images and words about friendship – get them to use both sides of the paper. Then work together to join these making a paper chain. You could hang this up reaching from classroom to classroom throughout the whole school. Don't forget to get each staff member to also add a link to the chain.

FRIENDSHIP HIGH FIVES

Ask each child to trace around their hand on coloured paper and to cut it out. Instruct them to think of five reasons why they appreciate their friends. On each finger and thumb they can write one of these reasons. They can then decorate their 'High Five' in whatever way they like. Display these High Fives as part of a whole class or school collaborative art piece about Friendship.

SIMON SAYS, 'EVERYONE BELONGS' / DEIR Ó GRÁDAIGH, 'BIONN ÁIT DO GHACH DUINE'

In this version of Simon Says/ Deir Ó Grádaigh, no-one is eliminated. Two games are happening simultaneously on either side of the room or hall. If you are eliminated from one game, you join in the other. This version ensures that no one is left out.

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WE ALL BELONG BUNTING

Give each child a triangle of paper for them to decorate with a self-portrait, the things they like or in whatever way they feel represents them. Make sure they decorate both sides of the triangle if it will be displayed as such. Attach all the pieces together to decorate your classroom. Why not make this a whole school project to decorate the corridors or school hall? Get every member of staff to create a piece!

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?

ALL ABOARD THE ‘FRIEND-SHIP’

Together, paint an ocean and a ship. Write ‘Friendship is...’ along the side of the ship or come up with a name for it together. Every child can make a small boat or dinghy with pictures of them and their friends on board. Each child can put a word or a sentence on the boats as they sail towards the friend-ship. This collaborative art piece can follow a discussion about what makes a good friend.

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FRIENDSHIP AREA

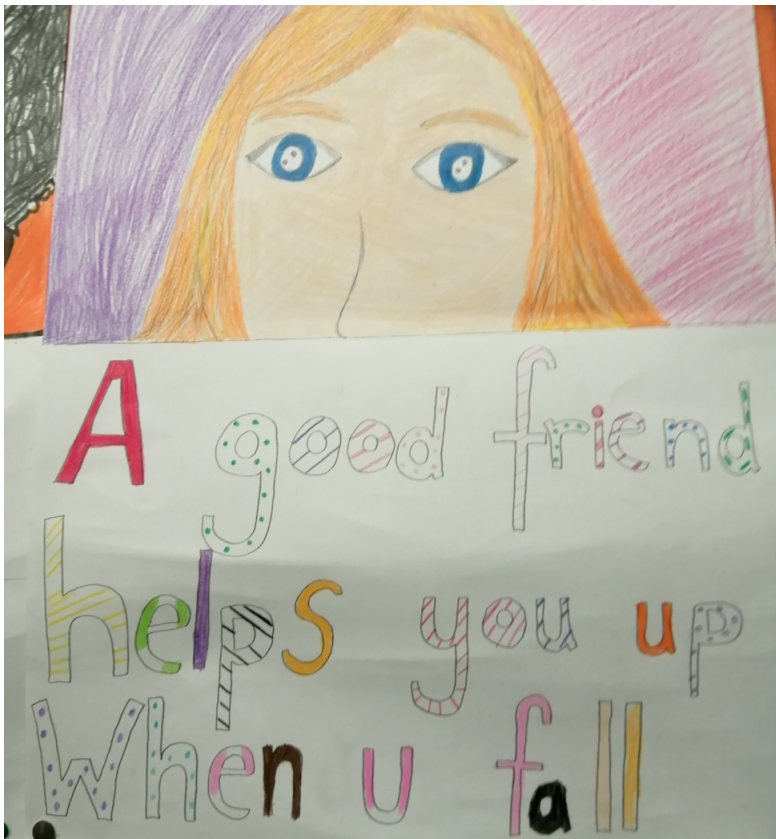
Designate a space or bench in the schoolyard called the 'Friendship Area'. Encourage children who are feeling left out at playtime to sit on the bench, or else join other children they see sitting in the area. Arrange for children from older classes to organise games and include children from the Friendship Area in these games.

FRIENDSHIP CARDS

Organise a school card-making session where the students make cards for a friend, neighbour, or someone from another country – whoever they want to send a special message of friendship to. Invite the children to draw pictures and decorate their cards with the friendship quotes provided in this pack – or even better, come up with their own! If they wish, the children can show their friendship cards to the rest of the class. Friendship cards can be sent anytime.

PORTRAIT OF A FRIEND

Each child makes a unique art piece to illustrate what a good friend looks like. They are given an A3 piece of black sugar paper, an A4 black and white photo of themselves, scissors, glue and crayons, colouring pencils chalk or pastels. Give the children at least 30 minutes to create a portrait of themselves. They can add words, colour and images. Focus on what positive traits they have that make them a good friend. Hang them in the portrait gallery and have children look and respond to the pieces of art. Why not hang all the portraits in the school hall or corridor for everyone to see that we are all friends?



PEN-PALS

Set each class in the school up with a buddy class. Every child receives the name of someone in another class and can send them a letter of friendship in English or as Gaeilge. The children can introduce themselves, tell some jokes, draw a picture or cartoon and write some positive messages or quotes. Post-boxes can be made to place outside each classroom and children can have jobs to deliver and collect the post – who doesn't love post? Why not connect to another class or school somewhere else in the world?



QUESTIONS TO EXPLORE

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

DISPLACED PEOPLE

- What are the reasons that lead to people being displaced?
- How do they feel after leaving their homes?
- Why are there so many displaced people in the world right now?
- What can we do to help?
- I wonder what their journey was like?

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?

FEELING WELCOME

- Where do I 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?

FOCLÓIR AGUS FRÁSAÍ

Welcome	fáilte / fáilte romhat
People of all nationalities	daoine as gach tír
Asylum seekers	iarrthóirí tearmainn
Refugee/ refugees	teifeach/ teifigh
Refugee family	teaghlach dideanaithe
My friend is a refugee from Syria/ South Sudan	is teifeach é/í mo chara as an tSiria/ an tSúdáin Theas
Home	áit chonáithe/ teach/ baile
Friend	cairdeas/ muintearas
To become friends with someone	éirí cairdiúil le duine / muintearas a dhéanamh le duine



“ There is no question in my mind that there is nothing else in life, really, than friendship ”

Patch Adams – Clown & Social Activist



TALK AND DISCUSSION

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

CIRCLE TIME

Many teachers use this methodology to allow for every pupil to have the opportunity to share their thoughts and opinions on a question. Children sit in a circle and a speaking object can be used to take turns. No judgement is passed on any answer and children are free to pass if they wish.

REFLECTIVE AND CREATIVE WRITING

Questions can be used as stimulus for written response. Children can be given a number of questions and then asked to write a response to them. To take this a step further, ask the children to write a creative piece – a short story, poem or cartoon that illustrates their thoughts on the question.

CONVERSATION ROTATION

Each table begins with a different question. Ask for volunteers to be table hosts – they can feedback at the end about what was discussed at their table. A large sheet can be provided on each table for pupils to write or draw their own responses to the question. After an allotted time children move to another table. Allow the children to move wherever they like but to go to each table at least once. Having a specific number of chairs per table will ease the flow. Afterwards answers can be harvested and made into a word cloud. Try wordle.net to do this online.



“ 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

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WHAT IS COMMUNITY SPONSORSHIP AND HOW IS IT DIFFERENT?

Community Sponsorship is a refugee resettlement programme with local people at its heart. It first started in Ireland in 2019 and to date has welcomed 17 families to communities throughout the country. The initiative originally started in Canada in the 1970's where they have now welcomed more than 300,000 refugees.

Community Sponsorship is very unique as it works based on individuals in a community coming together to become Community Sponsors. They work alongside each other to sponsor a refugee family to come and live in their community. One of the reasons that it is so special is the impact that it has on all who take part. Community Sponsors have stated that it has brought their community so much closer and has created a greater awareness of what is happening for people around the world. They have also made new friends through the families that have arrived.

It can be a very daunting and scary experience to travel to a new country that you know little about and may not speak the same language. What Community Sponsorship does is to make sure that the people who arrive seeking a safe life are not alone, that they have support, friendship, and a warm welcome to their new community.

You can support Community Sponsorship by being welcoming to new people in your community and school. By telling people about Community Sponsorship and letting people know that everyone can help and make a difference to people that need it. By using your voice to speak out when you can, by being kind and welcoming, you are making the world a better place.

Some of the ways you and your school can make a difference to people who are refugees and have arrived in Ireland is by taking part in our Take Action – Write a Letter classroom activity on the class activities page. You can also download Amnesty International's [Welcoming Communities Toolkit](#) for more ideas.

“ The golden rule is to act fearlessly upon what one believes to be right ”

Mahatma Gandhi



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WHAT SPONSORS AND FAMILIES SAY ABOUT COMMUNITY SPONSORSHIP

“ The group were waiting for us in the Dublin airport. They had signs saying ‘marhaba’ (Arabic for hello) and ‘welcome to Ireland’. It was an unforgettable moment. It was really amazing to know that people wanted you here and that you were not alone. They are our family in Ireland, because I don’t have anybody here. ”

Shahera, resettled family member.

“ It’s a very humbling experience to think that you can actually help another human being really. With the war in Syria, seeing what’s happening to the people. This was my way of reaching out and saying that I’m with you through this time. ”

Paul, Community Sponsor, Kildare

“ I’ve always felt so privileged to grow up in a safe country with a strong economy, so that’s where I came from, wanting to help people who were refugees. ”

Anna, Community Sponsor, Dublin

WRITE A SONG OR A RAP

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WE WANT TO HEAR YOUR SONG!

Challenge your students to write a song or a rap about Community Sponsorship focussing on the positives.

Download or play the melody here: <https://www.amnesty.ie/friendship-week-song>. Let your students get familiar with the tune, ask them to hum along.

Discuss the vocabulary in the box

- Why does a person need independence?
- What do we mean by dignity?
- Where is your sanctuary?
- What makes a person confident?
- How important is privacy?

Use these words as lyrics in your song or rap or come up with new lyrics.

Record your song or rap on your phone or another device, send it in to us and we will put it up on our website.

Email your recording to friendshipweek@amnesty.ie.

You could also upload your song to your social media and tag us.

A huge thanks to Sean Fitzgerald of the band The Deadlians and Darragh Lynch of Lankum, who co-wrote this tune for Amnesty's Friendship Week.

<i>Celebrate</i>	<i>Independence</i>
<i>Community</i>	<i>Individual</i>
<i>Confidence</i>	<i>Job</i>
<i>Core</i>	<i>Joy</i>
<i>Create</i>	<i>Laugh</i>
<i>Culture</i>	<i>Liberty</i>
<i>Dignity</i>	<i>Nest</i>
<i>Educate</i>	<i>Peace</i>
<i>Enjoy</i>	<i>Peace of mind</i>
<i>Equality</i>	<i>Picnic</i>
<i>Family</i>	<i>Privacy</i>
<i>Freedom</i>	<i>Respect</i>
<i>Friends</i>	<i>Safe</i>
<i>Friendship</i>	<i>Safety</i>
<i>Fun</i>	<i>Sanctuary</i>
<i>Games</i>	<i>School</i>
<i>Happiness</i>	<i>Security</i>
<i>Home</i>	<i>Society</i>
<i>Hope</i>	<i>Work</i>
<i>Human rights</i>	

WE ALSO WANT TO SEE YOUR PHOTOS

Would you like to see some of your student's artwork in next year's Friendship Week activity pack? Every year we include photos submitted by teachers and this year we'd love to see yours.

Send your photos in to friendshipweek@amnesty.ie.



HOW YOUR SUPPORT HELPS

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YOUR FUNDRAISING HELPS AMNESTY'S WORK

With each €2 raised from a Friendship Week bracelet, you help Amnesty International to investigate and expose human rights abuses, campaign for the protection of human rights, stand up for individuals whose rights are being denied, and empower people and communities to know and claim their rights. But without our supporters – without you – none of this would be possible.

DONATE
THE BRACELET
MONEY YOU'VE
RAISED

HERE ARE SOME EXAMPLES OF AMNESTY'S ACHIEVEMENTS IN 2021

THEY ARE FINALLY FREE!

Loujain al-Hathloul, Nassima al-Sada and Samar Badawi were finally released from prison in Saudi Arabia. They are women's rights defenders who had been detained since 2018 for campaigning for women's rights.



Loujain al-Hathloul
© Marieke Wijntjes

ROHINGYA REFUGEE CHILDREN WILL HAVE ACCESS EDUCATION... BECAUSE OF YOU!

In January, the Bangladesh government announced it will provide education to half a million Rohingya refugee children, two and a half years after they fled serious violence Myanmar. We had run a global petition, held an art camp in the refugee camps, and published a briefing on conditions in the camps and their effects on children.



Nassima al-Sada.
© Private

HUMAN RIGHTS WIN IN IRELAND!

Last year, the Irish government committed to ending Direct provision. Direct provision is a system meant to provide accommodation and services for people seeking asylum. But the system didn't protect people's human rights at all and many groups, including Amnesty, campaigned to have this system ended and a much better one put in place. And the government finally announced that it would!



HERE ARE SOME EXAMPLES OF AMNESTY'S ACHIEVEMENTS IN 2021

BURUNDI: Human rights defender Germain Rukuki was released after four years in prison. He should never have been jailed in the first place as he was convicted simply for his human rights work.

EGYPT: All charges have been dropped against human rights lawyer Azza Soliman. She faced a potential life sentence for her work defending human rights.

LATIN AMERICA: Amnesty International celebrated the achievements of its five-year human rights education programme, [It's My Body!](#), which set out to educate young

people in Argentina, Chile and Peru about sexual and reproductive rights, enabling them to make positive changes in their community. Hundreds of young people were trained to provide support to others and the impact has been incredible. [In Argentina](#), one young person successfully reformed a school curriculum to include comprehensive sexuality education, while in Peru, young people who took part in the project trained parents and teachers across the country.

WHAT IS AMNESTY INTERNATIONAL?

Amnesty International is a movement of 10 million people which mobilises the humanity in everyone and campaigns for change so we can all enjoy our human rights. Our vision is of a world where those in power keep their promises, respect international law and are held to account. We are independent of any government, political ideology, economic interest or religion and are funded mainly by our membership and individual donations. We believe that acting in solidarity and compassion with people everywhere can change our societies for the better.

Amnesty International was founded in 1961 by British lawyer Peter Benenson. Benenson was outraged at the idea that people could be imprisoned for their political or other beliefs. He wrote a rallying call in a national newspaper, calling for people everywhere to come together and demand that governments respect and protect human rights. The movement he began is now global, with 10 million supporters coming together under his belief that only when the "Universal Declaration of Human Rights is a reality for the world's people will our work be done".



OTHER WAYS YOU CAN SUPPORT AMNESTY

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Thank you so much for the work you're putting in to educate your students on human rights. Thanks also for raising funds during Friendship Week. If you feel you would also like to support our work outside of the school environment, here are some ideas:

SET YOURSELF A CHALLENGE AND SET UP A FUNDRAISER.

Here are some examples of what you can do:

- 10k walk, run or wheel.
- 100 Squats a day.
- Couch to 5k running challenge.
- Hula Hoop Challenge – hoop for as long as possible.

[Start a Facebook Fundraiser](#)

Not on Facebook? Not a problem! You can fundraise online with [Given Gain](#)



JOIN NOW

Our members make change possible. They're the people we call on whenever and wherever human rights are under attack. Their actions, big and small, put pressure on governments, institutions and decision-makers to do the right thing.



BIRTHDAY FUNDRAISER

If you have a birthday coming up, why not set up a [Facebook Birthday Fundraiser](#)?

[MAKE A DONATION](#)
**WHEN YOU DONATE
TO AMNESTY YOU HELP
US TO CONTINUE OUR
VITAL WORK**

We are a movement of people. We are at our most powerful when we stand together for human rights

Email: friendshipweek@amnesty.ie
www.amnesty.ie/friendship-week
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