Life Education Center
Pledge for Life Partnership

***For the 2025-2026 school year, the LEC Educators will be providing copies for**

First Grade
Life Education Lesson

Illinois Learning Standards for Physical Development and Health
State Goals 22.A.1b; 23.A.1a; 23.B.1a, 24.A.1a; 24.B.1a
Illinois Learning Standards for Social-Emotional Development
State Goals 1A.1a and 1b; 2A.1b;2B.1b, 2C.1a and 1b; 3B.1b

Activity – "Friendship Wheel"

After your students' Life Education Center lesson:

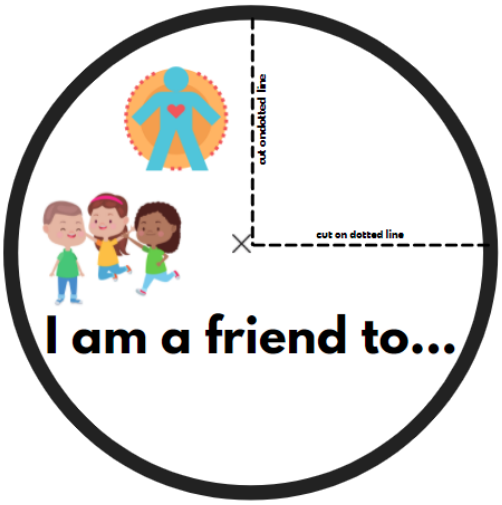
Knowledge
- Students will state ways to be a friend to their own bodies.
- Students will state ways to be a friend to others.

Application
- Students will create a friendship wheel by writing ways to be a friend to their bodies and others.

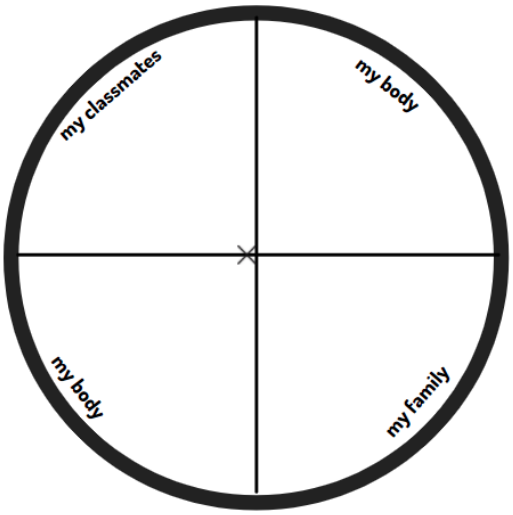
Communication
- Students share their friendship wheel aloud to others.

Make a Friendship Wheel

wheel top



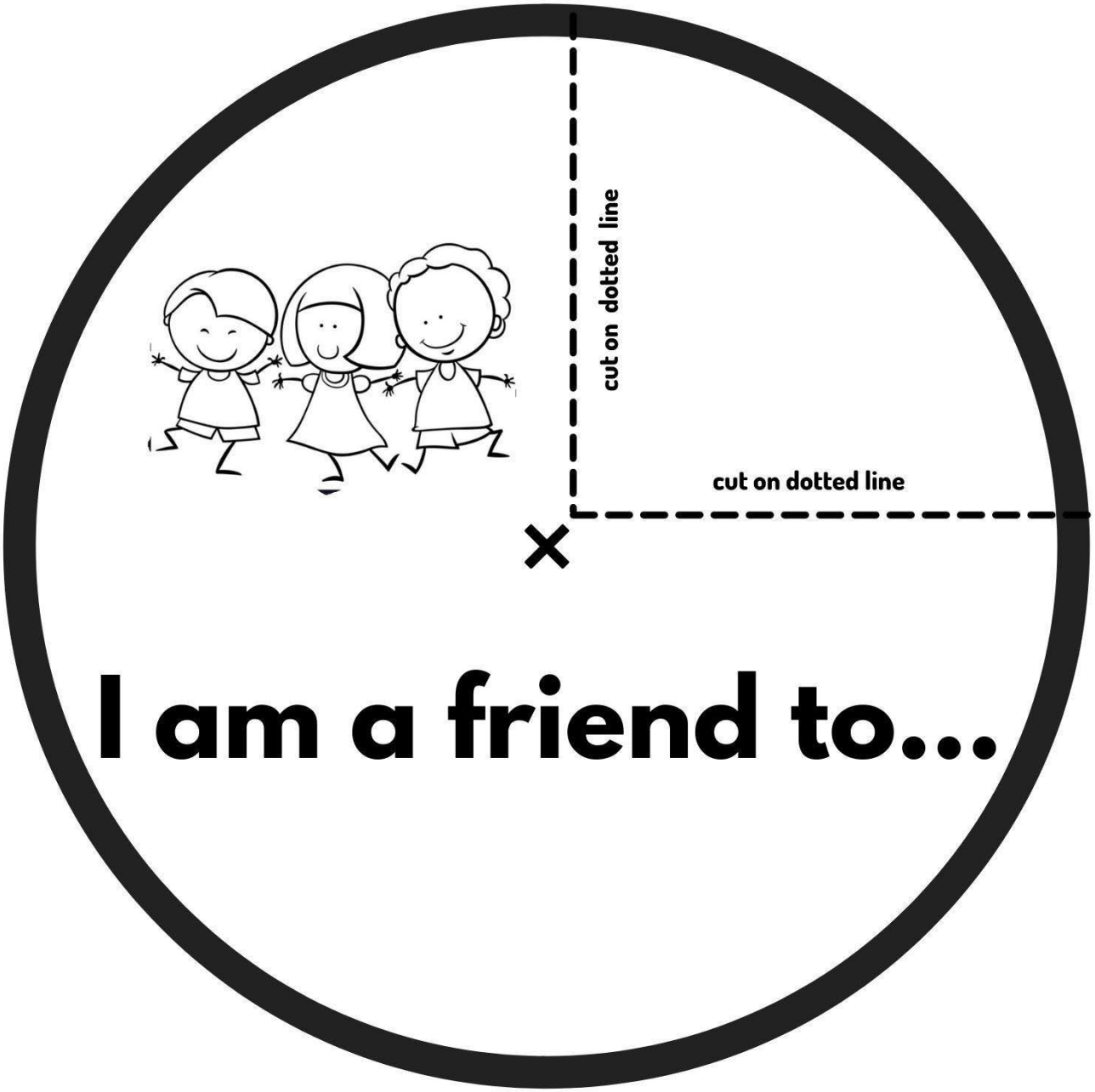
wheel bottom



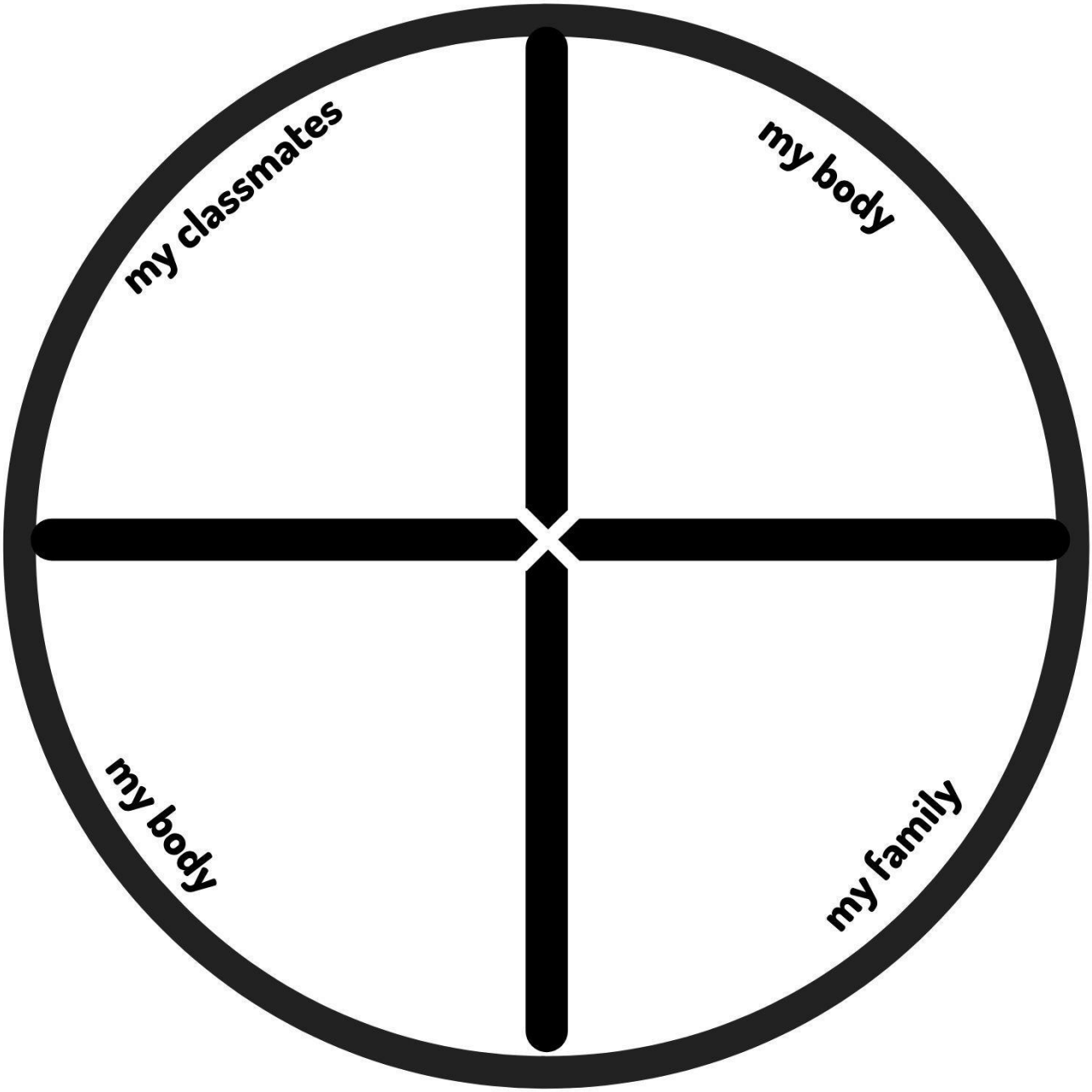
Write a sentence of how you are a friend to your body or others in the spaces of the wheel.

Teacher: Make copies of the friendship wheel pages. Have students cut out the two circles and cut on the two dashed lines also. They may color the parts if desired. Next have the students push the brass fasteners through both wheels on the x mark and secure the fastener on the back of the wheel. Then, have students write one sentence on each section on the divided wheel ways in which they are a good friend to their bodies or others. Lastly, have students share their wheels with others.

wheel top



wheel bottom



Write a sentence of how you are a friend to your body or others in the spaces of the wheel.