

Friendship Benches



What is a Friendship Bench?

A Friendship Bench is:

- A place to go if you're feeling lonely or left out
- A place to go if you want someone to talk with you
- A safe place to go for kindness, support and help from other students



What is a Friendship Bench not?

A Friendship Bench is not:

- Another play or resting place. Please don't use it to hang out with your friends
- A place to go if you want peace and space. Someone will come and talk to you, or ask you to play!



KS1 Assembly? Friendship Bench or Buddy Bench?
They're both the same thing!



KS2 Assembly?

Friendship Bench or Buddy Bench? They're both the same thing!



Friendship Bench Expectations



When you sit on the Friendship Bench...

- Before you sit on the Buddy Bench, think of something you would like to do. Ask someone else to play with you
- The bench isn't for hanging out. Only sit there if you can't find anyone to play with
- While you're sitting on the bench, look around for a game you can join
- If you see something you want to do, or a friend you want to talk to, get off the bench!
- If you're sitting on the bench, play with someone who invites you and be open minded
- Keep playing with your new friends!

Friendship Bench Expectations

When you see someone sitting on the Friendship Bench...

- Go talk to them. Start by saying hello. If you don't know the person, introduce yourself
- Make conversation... *How are you? Can I help?*
- Ask them to play with you or suggest an activity you can do together.
- Don't make it the last time you hang out. Keep playing with your new friend!

Choose 
KINDNESS.



Any Questions

If you still have more questions, come and find Mr Haig

KINDNESS UK™

Student Concern/Suggestion Cards

- Located in 3 places around school
 - Year 5 & 6 corridor upstairs
 - On the stairs at the nurses room
 - Year 3 & 4 shared area
- Use by you, anonymously if you want, to highlight issues worrying you or things you'd like to suggest to teachers
- Checked 2 times per week by staff
- If you want to help change Riverside for the better, let us know!

