

Lesson 2

How to Make Friends

MATERIALS

Handout 2: Tips for Joining a Group of Kids

Book title: *How to Lose All Your Friends* by Nancy Carlson is recommended

Video title: *Hopscotch* (or teacher alternate)

OBJECTIVE

To develop the skills necessary to initiate friendships in a positive manner.

STEPS

1. Last Lesson Review

Allow a few students to share their positive friendship experiences. Weave into the discussion a review of the characteristics necessary to help make friendships positive. Emphasize the importance that each and every person deserves to feel safe, have fun, and be treated kindly.

2. Activities

Teacher: "Today we're going to talk about the do's and don'ts of making friends."

- ▶ Read a story or show a video that illustrates the do's and don'ts of making friends. (The video *Hopscotch* or book *How to Lose All Your Friends* by Nancy Carlson are recommended.)
- ▶ Offer the children a chance to think and talk about what friendship means.
- ▶ Discuss why some people have trouble making friends.

▶ Teach 5 Good Tips for Joining a Group of Kids

1. Try to join with kids who are friendly.
2. Look for kids who enjoy the same activities you like.
3. Remember—it is easier to join one person or a group of four or more.
4. Remember—"no" does not mean "never."
5. Observe the activity you want to join first. Imitate, don't change what the other children are playing.

Practice the 5 tips with the children. To structure the role play, teacher and facilitator should participate.

- ▶ As an alternative, have the children role play appropriate ways to make friends, using puppets.
- ▶ Ask students to practice being a good friend at school, in the neighborhood, at soccer practice, etc. Request that they begin to notice who is being a good friend and report their observations during the next group session.

3. Additional Activities

(These activities should be completed during one or more class sessions by the classroom teacher prior to the next lesson.)

- ▶ Encourage the students to talk about an experience in which they made a new friend. Was it hard? Easy? How did they feel? Ask students if they want to tell about an experience in which they tried but weren't able to

RESOURCE GUIDE

See "Videotapes and Films for Students" and "Books for Primary Students."

make a new friend. What went wrong? How could they have acted differently?

NEXT LESSON

In the next lesson, the children will learn the skills necessary to keep friends. The classroom rules and “no bullying” posters will be introduced.

Tips for Joining a Group of Kids

5 Good Tips for Joining a Group of Kids

1. Think about which kids are **friendly**. Try to join those kids.
2. Think about which kids like the **same things** you like. Try to join those kids.
3. It is easiest to join **one person** or a **group of four** or more.
4. Remember "**no**" does not always mean "never." It could mean "**not right now**" or "**try again later**." So try at least three different times to join a group of kids (not always on the same day).
5. Observe the activity you want to join. Try to fit in by **imitating** what the others are doing. Do not try to change what the other children are playing.