

Theme: Discover

Educational Resources: 7-12

Activity: Lunchtime Conversations

Subject: Lunch

Prep Time: 10 min

Activity Time: Lunch period

Activity Description: Challenge students to discover new things about their lunch friends. Ask lunch monitors (staff, student council, other clubs) to circulate and encourage participation. Ask students to choose a question and have everyone at the table answer before they choose their next question to answer.

Print and place cards on lunch tables with conversational questions such as:

1. If you could only eat one meal every day for the rest of your life, what would you choose?
2. If you could invite 3 people to join you for lunch, who would you choose?
3. Describe a favorite family tradition.
4. What in your life is most important to you (friends, sports, religion, family, etc.)
5. Where is your favorite place that you have traveled to? Why?
6. Where is somewhere you would like to travel? Why?
7. What culture are you particularly interested in learning more about?
8. What is your favorite...book? movie? TV show? band? type of music?
9. What is your favorite memory at this school?
10. What is your favorite subject at this school? Why?

Group Discussion –

Have an adult explain the importance of getting to know each other better. Tell them that one way to do that is to ask questions and take the time to listen and learn about them. Ask them to think about what they learned about their friends. How can they learn more in the future? How can they be a better friend based on what they learned? Enhance this activity by revisiting it the next day. Ask the tables one new question. How did discussing the questions yesterday make your relationships stronger?

Individual Activity –

Encourage students to gather with a friend and invite someone new to join them and repeat the questions with the new person. They might feel more comfortable asking a few new students at a time, instead of just one.

Outcome Measurement:

Ask students to record a short video describing why it is good to get to know their friends better. They should post and tag your school and @GiveSevenDays

Sources: SevenDays Inc.®

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Character Development – Core Principles
 - Personal Development – Self-Awareness
 - Social Development – Interpersonal Skills

Let SevenDays® share your Kindness and Understanding. Email info@SevenDays.org or post on your social media and tag @GiveSevenDays. #GiveSevenDays #BeTheRipple

****Disclaimer:** The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.