Theme: CONNECT
Educational Resources: 7-12
Title: Reconnect with Old Friends
Subject: Any
Prep Time: 5-10 minutes
Activity Time: 5-30 minutes
Activity Description:
The object of this lesson is to encourage students to reconnect with someone they have lost touch with. Students will rekindle relationships and learn the importance of staying in touch with old friends.

Direct Instruction –
Teachers, encourage students to find a friend they haven't spoken with for a long time. Have the students think back to elementary or middle school. Who was someone they have lost touch with over the years? Tell student that they will reconnect. Explain that according to the research, which was published in the *Journal of Personality and Social Psychology* and involved nearly 6,000 participants, people underestimate how much other people appreciate an unexpected phone call, email, or text. Plus, the receivers consistently rated their appreciation highest when the communication was unexpected. So, take a chance! Chances are, your long-lost friend would love to reconnect with you. Tell them to ask how they are doing and what they have been up to. Let students know that they will be required to answer a few questions about the experience in a day or two. Give students some background on how to reconnect with an old friend.

> Assess their motivation- find someone you miss or are curious about how their life is going
> Assess the nature of the friendship- find someone that had a positive impact on your life
> Set reasonable expectations- the goal is to make contact and possibly set a time to meet

See more ideas at Adventurebook.com

Group Discussion –
Put students into small groups. Ask them to answer the following questions. Each person takes a turn giving ideas and reflections.

1. What are some ways you can approach reconnecting with an old friend? Include specific words you would say or how you would approach them.

Ways to connect could include
  a. text them
  b. call them
  c. use social media
  d. Ask a mutual friend to start a conversation

Words to use could include
  e. "Hey, I was thinking about you recently because ____ reminded me of you."
  f. "I'd love to get coffee and catch up."
  g. "Hey, it's been a long time. How have you been?"
  h. "Remember when we …"

2. What is an activity you can suggest doing together to reconnect? Answers could include go get coffee, take your dog on a walk together, go to a park, get lunch, etc.
3. How does it feel to reach out to an old friend? Answers could include scary, exciting, vulnerable etc.
4. What are some benefits of reconnecting with old friends?
  a. Takes you back to a simpler time
  b. Reminds you of your roots
  c. Expands your community
  d. Reshapes your perspective
  e. Allows you to heal old wounds
  f. Provides a healthy dose of laughter

Partner Activity –
Individual Activity -
Give students time to write out what they will say via text, DM, email, phone call, in person, etc.
Outcome Measurement:
A day or two after the assignment ask the following questions.
1. How did you reconnect with your old friend?
2. What was their response?
3. How did you feel about the assignment?
4. Do you feel that repetition of uncomfortable things (like this assignment) become easier? Why or why not?

Sources:
- SevenDays®
- https://www.apa.org/pubs/journals/releases/psp-pspi0000402.pdf
- https://kinshippointe.com/tips-for-reconnecting-with-old-friends/
- https://www.adventurebook.com/connect/how-to-reconnect-with-old-friends/
-

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.