

Theme: You

Educational Resources: 7-12

Activity: Friendships 2.0

Subject: Any

Prep Time: 10-20 minutes Teachers will assign 1 or 2 partners based on class knowledge

Activity Time: 15

Activity Description:

The purpose of this lesson is to allow students an opportunity to make deeper connections with their classmates which is a major component of taking care of yourself. Research shows that strong social connections lower the risk of many health problems, including depression, stress, high blood pressure and unhealthy weight.

Direct Instruction –

Teachers will explain the benefits of friendships and how they are going to take some time to either start a new friendship or strengthen a current one.

When the activity is over, teachers can give ideas about how they can make new friends or strengthen their current friendships. Ways to meet new friends include: attend school or community events, volunteer at local charities that interest you, give and accept invitations to do fun things, like go on a walk or get coffee, take up new interests, join a faith community, etc.

Partner Activity –

Teachers will assign sets of partners to do the activity. If there is time, teachers will have a second set of partners ready so students will have the opportunity to talk to two different people. Teachers will ask the students to discuss the following topics. Students should take turns talking and listening to each answer.

Students are encouraged to ask follow up questions based on the answers given.

1. What are your basic facts- name, grade, age, etc.
2. What is something you have eaten that was completely gross? Explain
3. What is something you enjoy doing? Explain
4. What do you wish other people would say when describing you? Why?

Group Discussion –

Ask 3 sets of partners (6 total students) to form a small group. Each person in the group shares one fact they learned about their partner that they think is interesting. This part should take less than 5 minutes.

Individual Activity -

Outcome Measurement:

Ask students to answer the following questions and turn in to you. The responses will show you if you have any students who are in social trouble and need assistance from the counselor or social worker at your school.

1. How did it feel talking about yourself and listening to the other person?
2. Do you think you have any strong friendships now?
3. Will you use these strategies to strengthen any friendships?
4. Do you feel that repetition of uncomfortable things (like this assignment) become easier? Why or why not?

Sources:

SevenDays® Inc.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860#:~:text=Adults%20with%20strong%20social%20connections,peers%20who%20have%20fewer%20friends.>

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Social Development – Interpersonal Skills
 - Personal Development – Self-Management

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****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.**