



# CONNECTION & FRIENDSHIP

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## LESSON TWO

## Summary

In this lesson, you will learn about friendship, and how we can make genuine connections with others. You will also learn what people with great friendships know (that you may not know), and you will learn how easy it can be to make new friends, starting with the people in this class!

### FACILITATOR TIPS

After you play the video, ask these questions one at a time and encourage students to share their answers. Be sure to encourage the participation of quieter students. The purpose of this group discussion is to reinforce the main points from the video, and to correct any misunderstandings.

Different students may offer different definitions – this is to be expected. We have provided answers that reflect the content in the video, but other answers may also be correct. For example, for the question “What is friendship?” students may list qualities not specifically covered in the video, such as nice, supportive, loving, etc.

Please use your best judgment when fielding these questions. The goal is to engage the students and have fun reviewing the content of the video, while offering you the opportunity to gently shape their understanding and emphasize the meanings/interpretations that are most helpful.

#### **What is friendship?**

*A: Friendship is being kind, honest, loyal, caring, listening, helpful, and being there for each other.*

#### **What is a good way to start a conversation with a new person?**

*A: Ask them about themselves, listen to what they are saying and stay curious to ask another question.*

#### **What are some ways we can show interest in another person?**

*A: Actively listen to them, don't look around or ignore them when they are talking, and be there for them.*

#### **What sort of things do you have in common with the people in this class?**

*A: Examples may include, we're about the same age, some play in the same sports teams, some carpool together, some people have similar interests such as art or riding bikes, some people may both have pets.*



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CLASS ACTIVITY:

## Creating New Connections

### FACILITATOR TIPS

The purpose of this activity is to help students begin to form friendships so they enjoy the lessons and feel more comfortable engaging, and also to help them internalize new skills – like asking questions, listening, and finding things in common – both in class and outside of class.

Encourage the students to pair up with someone they don't know very well. If they pair up with someone who is already their friend, help them select someone else. Once they are paired up, ask if there are any final questions, and ensure that everyone understand the instructions. Give them about 3 minutes for the first conversation.

During the activity, walk around the room and listen to what students are sharing. If they get off track or seem confused at any point, guide them back to the instructions. Once 3 minutes is up, encourage them to find a new partner and repeat the exercise.

### SUMMARY

Use the skills you've learned today to make new friends.

### INSTRUCTIONS

*(approximately 10-15 min)*

1. Stand together in a big group.
2. Pair up with someone you don't know very well.
3. Using what you learned in the video, ask each other several questions. Here are some examples – you can also think of your own!  
**What do you like to do for fun?      Do you have any pets?**  
**What's your favorite food?      Where were you born?**
4. With your partner, identify at least one thing you have in common.
5. Thank your partner, then pair up with someone else you don't know well.
6. Repeat the exercise with the second person.

**FACILITATOR NOTE:** The instructions and questions below are also on the student handout. Your role is to explain the instructions clearly and make sure all students understand. Your goal is to support the students as they complete the activity, and to keep them on track.



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## Home Activity

**FACILITATOR NOTE:** At the end of the class, go over this activity with the students. Make sure they understand the instructions, and encourage them to do it at home. Our intention is not that students be required to turn it in, but if students ask you about the “right answers,” they are provided below.

### REVIEW OF KEY IDEAS

In class we learned some new things about friendships and how we can more easily make new friends, how you can be a better friend to others and how to create lasting friendships. Use the space below to review what you learned.

#### 1. SHOW INTEREST IN THE OTHER PERSON.

Don't make it all about you. Ask the other person questions and genuinely listen to what they have to say. Listening to the other person shows them that you care.

**Write down some other ways you can show interest in new friends.**

*Actively listen to them, don't look around or ignore them when they are talking, and be there for them. Answers may vary.*

#### 2. GROWING FRIENDSHIPS TAKES TIME.

There are stages to friendship, and those stages take time to build.

**Write down the 4 stages of friendship.**

*acquaintance, casual friend, close friend, best friend*

#### 3. FRIENDS HAVE THINGS IN COMMON.

When making friends, be on the lookout for things you're interested in and enjoy doing together. This builds connection and will help you both feel accepted and appreciated.

**Write down one thing you have in common with one of your new friends?**

*answers will vary*

#### **BONUS ACTIVITY**

This week, befriend someone new using the skills you learned in class. It might be someone on the bus, someone you see at lunch, or at an after-school activity.