

Table of Contents

Lesson 1. “My Abilities”	1
Lesson 2. “My Attitude”	7
Lesson 3. “My Feelings”	11
Lesson 4. “My Anger”	17
Lesson 5. “My Friends”	23
Lesson 6. “My Conflicts with Others”	29
Lesson 7. “My Confidence with Schoolwork”	35
Lesson 8. “My Understanding of Alcohol”	43
Lesson 9. “My Understanding of Other Drugs”	47
Lesson 10. “My Character”	55
Lesson 11. “My Future Career”	61
References	66

LESSON 5: “MY FRIENDS”

Learning about how to start, sustain, and end friendships are important tasks for children to learn. Corporate personnel directors consistently agree that the most important ability new employees should possess is the capacity to relate positively with others. As young as possible, children should begin working on their social competencies. In mastering these competencies, they learn important life skills such as how to make new friends, work and play cooperatively with their peers, express their feelings and beliefs appropriately, listen accurately and sensitively to others, and cope with the loss of a friend.



Activity 34: What is a Friend?

Grades K-5

Materials: None

Ask the child some or all the following questions about friendship. As he/she answers each question, repeat back what was said to allow him/her to reflect on what they're expression was. When you have finished, share your own answers to some of the questions. Perhaps you can allow the child to interview you.

- Who is one of your friends? What do you like to do together?
- What do you look for in a friend?
- How do you make a new friend?
- If a new student came to your class and you wanted to be friends, what could you do?
- When did a friend make you mad? Scared?
- When have you had something funny happen with a friend?
- How can you show a pet that you are its friend?
- If you could have all the friends you wanted, how many would you have?
- When have you lost a friend? What happened? How did you finally get over it?

Activity 35: Who is Your Friend?

Grades K-5

Materials: None

Have the child introduce you to one of his/her friends. Talk or play with both children for awhile. Then, ask them each to answer some of the questions in the previous activity. You might ask them to answer some of the questions about each other.

When finished, have the two children show you or tell you about something they like to do together. Listen attentively and summarize for them some of the qualities of friendship that you are hearing or seeing between them.

Activity 36: Develop a “Special Handshake”

Grades K-5

Materials: None

Encourage the child to help you invent a handshake that is special between you. Keep it simple and have fun. This handshake can become your own special way to greet, congratulate, and say good-bye to one another. The following are some examples of secret handshakes children have developed with their counselors.

- **Handshake from the Heart**

Grasp each other’s hand and begin little pulse-like squeezes to simulate a heartbeat.

- **Handshake Earthquake**

Grasp hands and shake with a slight rumble between your hands.

- **Street Shake**

Develop a series of three or four different moves that involve different ways of touching each others hands. For example, touch index fingers, then the backs of each other’s thumbs, then grab each other’s thumb with a single shake. Perhaps end with a “high five.” Your child will enjoy helping you invent this.



- **Handshake With Sound Effects**

Invent some kind of sound that you each make while touching each others hands.

- **Finger Shake**

Like with the “Street Shake,” this one involves a series of different steps. But, the “Finger Shake” is done completely with different combinations of contacts between fingers.

Activity 37: Feel the Warmth of Friendship

Grades K-5

Materials: None

Place one of your hands in front of you at about shoulder level. Place your palm forward, and ask the child to place his/her palm facing yours, about 12 inches away. Tell the child that this game is called “Feeling the Warmth of Friendship.” Each of you should stare at each other’s face while moving your hand forward toward your partner’s hand. Stop just before your hands touch. When your hand is about a half-inch away from the child’s hand, you both should feel a sudden surge of warmth from each other.

Put your hands down and talk with the child about how a friendship can be similar to this feeling. Also, you can relate this activity to the phrase “reach out to someone in friendship.” Discuss how both people must reach towards each other if a special, healthy friendship is to develop.

