



# Let's Connect to Friendship

## GOAL OF LESSON

Students will reflect on what friendship means to them.

## LESSON TOPICS

- Friendship
- Social Awareness
- Relationship Skills
- Self-Awareness

## LESSON CONCEPT

- Each person's unique experiences inform their interpretation of words.
- One person's understanding of friendship may be different than another person's. This lesson will help students understand and share their unique perspective on friendship.

*Teaching Tip: Before introducing the lesson to your students, personalize this concept for yourself by completing the emotional workouts on your own.*

## HOW TO TEACH THIS LESSON

### **Introduce the lesson.**

Briefly explain the lesson concept. You may choose to share a personal example of an experience that has shaped the way you view friendship.

### **Work it out.**

Use the physical and emotional workouts on the next page to guide students in reflecting on friendship. We suggest you go line by line—first complete a physical workout, then an emotional workout.

### **Connect with others.**

After completing the lesson, ask students to identify one thing they've learned about themselves during this lesson. Have them share with a classmate or family member.

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	PHYSICAL WORKOUTS	EMOTIONAL WORKOUTS
1	<p><b>Empathy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Close your eyes. What do you see in your mind when you think of friendship?</p>
2	<p><b>Confident</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What is one feeling that you have when you think about friendship?</p>
3	<p><b>Happy</b> cardio</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Do you act differently when you are with your friends than when you are with your family?</p>
4	<p><b>Perseverance</b> strength</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>What qualities do you look for in a friend? Who are some of your best friends?</p>
5	<p><b>Calm</b> breathing exercise</p> <p><a href="#">YouTube</a> <a href="#">Vimeo</a></p>	<p>Draw it out! Draw a picture of you enjoying an activity with some of your friends.</p>

More physical workouts can be accessed at [subjectofself.org/workouts](http://subjectofself.org/workouts)