

## Objective

By the end of this lesson, the student will have a deeper understanding of the importance of friendships, how to nurture them, and the qualities that make a good friend. The student will also engage in activities that promote self-reflection and communication skills essential for building strong friendships.

## Materials and Prep

- Notebook and pen for writing reflections
- Access to a comfortable space for discussions and activities
- Timer or clock for timed activities
- Optional: art supplies for creative activities (markers, colored pencils, paper)

Before the lesson, think about your own friendships and what qualities you value in them. Be prepared to share your thoughts and experiences during the activities.

## Activities

### • Friendship Qualities Brainstorm

Take 10 minutes to write down all the qualities you think make a good friend. Afterward, discuss your list and compare it with the qualities of your friends.

### • Role-Playing Scenarios

In pairs (you can act out both roles), create scenarios where friends might face challenges. For example, how to handle a disagreement or how to support a friend going through a tough time. Discuss how each character could respond positively.

### • Friendship Letter

Write a letter to a friend expressing why you appreciate them and what you value in your friendship. This activity can help reinforce positive communication and strengthen bonds.

### • Friendship Art Project

Create a visual representation of what friendship means to you. This could be a drawing, a collage, or even a poem. Use this project to express your feelings and thoughts about friendship creatively.

## Talking Points

- "Friendship is like a garden; it needs care and attention to grow." - Discuss how nurturing friendships is important.
- "What do you think makes a friend trustworthy? Can you share an example?" - Encourage the student to think about trust in friendships.
- "Have you ever had a disagreement with a friend? How did you resolve it?" - Talk about conflict resolution and its importance in maintaining friendships.
- "Why do you think communication is key in friendships?" - Highlight the role of open dialogue in building strong relationships.
- "Can friendships change over time? How can we adapt to those changes?" - Discuss the evolving nature of friendships as we grow older.