

Objective

By the end of this lesson, Mason will understand the importance of maintaining friendships and will learn practical strategies to strengthen his relationships with friends. He will also develop skills to communicate effectively and resolve conflicts in a healthy manner.

Materials and Prep

- Paper and colored pens or markers
- A comfortable space for discussion and activities
- Access to a timer (optional)
- A list of Mason's friends' names (to personalize activities)

Activities

• Friendship Tree:

Mason will create a "Friendship Tree" on paper. He will draw a large tree and write the names of his friends on the branches. For each friend, he will write one thing he appreciates about them. This visual representation will help him recognize the value of his friendships.

• Role-Playing Scenarios:

Mason will participate in role-playing exercises where he practices different friendship scenarios, such as resolving a disagreement or planning a fun activity. This will help him build confidence in handling real-life situations.

• Friendship Letter:

Mason will write a letter to one of his friends expressing what he values about their friendship and suggesting a fun activity they could do together. This will encourage him to communicate openly and strengthen their bond.

• Friendship Bingo:

Mason will create a bingo card with different friendship-related actions (e.g., "Compliment a friend," "Invite a friend to play a game," "Share a secret"). He will spend time completing these actions and can check them off as he goes along. This will make maintaining friendships fun and engaging!

Talking Points

- "Friendships are like plants; they need care and attention to grow. What do you think happens if we forget to water them?"
- "Good communication is key! How do you feel when a friend listens to you? It makes you feel valued, right?"
- "Conflicts can happen, but it's how we handle them that matters. Can you think of a time you disagreed with a friend? What did you do?"
- "Making time for friends is important. What are some fun activities you like to do together?"
- "Being a good friend means being there for others. What are some ways you can support your friends when they need help?"