

Friendship Fuel & Family Foundations: Navigating Your Social World!

Materials Needed:

- Paper (white or colored)
- Markers, crayons, or colored pencils
- Scissors and glue
- Optional: Glitter, stickers, or craft sticks
- A "Reflection Journal" or extra piece of paper

Introduction: Welcome, Social Explorer!

Think of your life like a giant, colorful garden. The people in your life—your friends and your family—are like the sun, the rain, and the soil that help you grow into the amazing person you are! Today, we are going to explore how these special people shape our world and how we can be the best version of ourselves around them.

Today, we will learn:

- **What makes a "Super Friend":** Identifying the qualities that make someone a kind and supportive buddy.
- **The Beauty of Families:** Understanding that families are like unique puzzles—every one is different and special.
- **The "Growth Effect":** How our friends and family influence the way we think, act, and feel every day.
- **The Peer Pressure Power-Up:** Learning how to spot when friends are helping us fly or when they are pushing us toward a "tricky" choice.

Activity 1: My Awesome Friend Blueprint!

Before we build a house, we need a blueprint. Before we build a great friendship, we need to know what qualities make a friend truly "awesome"!

Your Mission:

1. **Brainstorm:** Close your eyes and think of a time a friend made you feel happy or brave. What did they do? (Did they share? Did they listen? Did they use kind words?)
2. **Choose Your Path:** Pick one of the two creative options below to show off your "Friendship Blueprint."
3. **Create and Decorate:** Use your craft supplies to bring your blueprint to life!

Option 1: The Friendship Flower

Draw a large flower with many petals. In the center, write "A Good Friend Is..." On each petal, write one

quality, like "Honest," "Funny," or "Good Listener." Color each petal a different color!

Option 2: The Good Friend Galaxy

Draw a giant sun in the middle of your page and label it "Cora's Friendship Sun." Around it, draw stars and planets. On each star, write a "Bright Quality" you look for in a friend, such as "Kindness," "Helping Others," or "Fair Play."

Activity 2: Family Puzzles & Healthy Habits

Families are the first "team" we ever belong to. Just like a puzzle, every family has different pieces—some have many pieces, some have a few, and they all fit together in their own unique way. Your family is your home base, and they are the ones who help you make big choices about your health and happiness!

Your Mission:

1. **The Puzzle Piece:** Draw a large puzzle piece on your paper. Inside the piece, draw a picture of your family doing something together.
2. **The Health Connection:** Families help us stay healthy! Below your drawing, list two "Healthy Habits" your family helps you with (Example: "We go for walks together" or "We eat broccoli at dinner").
3. **Share the Spark:** Mention one thing your family does that makes you feel safe and loved.

Teacher/Parent Note: Remind Cora that "family" includes the people who love and care for us. Families look different for everyone—some have two moms or two dads, some live with grandparents, and some have many siblings or none at all. All these puzzles are perfect just as they are!

Activity 3: The Peer Pressure Power-Check

Sometimes, friends can influence us to do things. This is called "Peer Pressure." Sometimes it's like a "Power-Up" (Positive), and sometimes it's "Tricky" (Negative). Let's practice spotting the difference!

Scenario 1: The New Game

Your friend Sam says, "Hey Cora, I know you're nervous about the climbing wall, but I'll go right behind you! You can do it!"

Prompt: Is this Positive or Tricky? How does it make you feel?

Scenario 2: The Secret Snack

A friend whispers, "Let's take an extra cookie from the kitchen when no one is looking. It'll be our secret! Everyone does it."

Prompt: Is this Positive or Tricky? What could you say to stay true to yourself?

Scenario 3: The Kindness Challenge

Your group of friends decides to make cards for a classmate who has been sick at home.

Prompt: How does this "Peer Pressure" help you become a better person?

Wrap-Up & Reflection

You did an amazing job today exploring your social world! Let's think about what we discovered:

- What is the #1 most important quality you want to bring to your friendships?
- How can you help your family stay healthy this week?
- What is one "Strong Word" you can use if you ever feel tricky peer pressure? (Example: "No thanks," or "I don't feel comfortable with that.")

Great job today, Super Explorer Cora!