

Friendship Fuel & Family Foundations: Navigating Your Social World!

Materials Needed:

- Paper or cardstock
- Markers, crayons, or colored pencils
- Scissors and glue
- Construction paper (various colors)
- Optional: Glitter, stickers, or craft sticks

Welcome, Super Explorer Cora!

Today, we are going on a mission to discover how the people around us—our friends and our families—act like a special kind of "fuel" for our lives. They help us grow, keep us safe, and make our world bright!

What We Are Learning Today:

- **Good Friends:** How to spot the qualities of a true, kind friend.
- **Family Teams:** How every family is a unique team that supports us.
- **The Shape of Us:** How the people we love help us make good choices.
- **Peer Pressure:** Learning when to say "Yes!" and how to say "No thanks!"

Activity 1: My Awesome Friend Blueprint!

I Do: Think about a car. To run well, it needs the right fuel. Friends are like fuel for our happiness! A good friend isn't just someone to play toys with; they are someone who makes your heart feel good. Let's design a blueprint of what a "Super Friend" looks like.

Your Mission:

1. **Brainstorm:** Close your eyes and think of a time a friend made you smile. What did they do? Were they kind? Funny? A good listener?
2. **Choose Your Design:** Pick one of the two creative options below to show off your blueprint.
3. **Create & Decorate:** Use your craft supplies to bring your friendship blueprint to life!

Option A: Friendship Flower

Draw a large flower. In the center, write "A Good Friend." On every petal, write one quality a friend should have (like "Shares," "Uses Kind Words," or "Helps me up"). Color each petal a different color!

Option B: Good Friend Galaxy

Draw a big sun in the middle of your paper and label it "Me." Draw stars orbiting around you. On

each star, write a trait of a stellar friend (like "Honest," "Patient," or "Fun!"). Add some glitter to make your galaxy sparkle!

Activity 2: The Family Puzzle & Healthy Habits

Families are like giant, beautiful puzzles. Every puzzle looks different—some have many pieces, and some have just a few—but every piece is important to finish the picture! Your family is your very first "team." They help you decide what to eat, when to sleep, and how to stay active. Because they love you, they help you build healthy habits that last forever.

Your Mission:

1. **The "Unique Piece" Talk:** Tell me one thing that makes your family special or a fun tradition you have. Does your family have a special "Secret Handshake" or a favorite movie night?
2. **Health Heroes:** Name two things your family does to help you stay healthy. (Example: Do you go on walks together? Does someone cook yummy broccoli for you?)
3. **The Heart of the Home:** Draw a picture of your family "team" doing something active together, like dancing in the kitchen or playing at the park.

Teacher Note: *This is a great time to discuss how "family" can include anyone who loves and cares for us—parents, grandparents, siblings, or even very close mentors. Emphasize that there is no "right" way for a family to look, as long as it is built on care!*

Activity 3: Pressure Patrol—Spotting the Signs

We Do: Sometimes, friends try to get us to do things. This is called "Peer Pressure." It can be **Positive** (like a friend encouraging you to try a new vegetable) or **Tricky** (like a friend asking you to break a rule). Let's practice being a member of the Pressure Patrol!

Read these scenarios with Cora and ask her if they are "Positive" or "Tricky," and what she should do!

Scenario 1: The Brave Climber

Cora is at the playground. Her friend says, "I know you're nervous, but I'll hold the ladder while you try the small slide. 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 go into the kitchen and take those cookies even though your mom said we have to wait for dinner. She won't see!"

Prompt: Is this Positive or Tricky? What is a kind way to say "No thanks"?

Scenario 3: The Kind Recess

A group of friends says, "Hey Cora, come help us pick up these toys so we can all go outside faster!"

Prompt: Is this Positive or Tricky? How does this help the "team"?

Wrap-Up & Reflection

You did an amazing job today, Cora! Let's think about what we learned:

- What is the most important quality you look for in a friend?
- What is one healthy habit your family helps you with?
- If a friend asks you to do something that feels "Tricky" in your tummy, what can you do? (Answer: Say "No thanks" and talk to a grown-up you trust!)

Success Criteria: You'll know you've mastered this lesson if you can name three traits of a good friend and identify the difference between a friend helping you and a friend pressuring you!

Great job today, Super Explorer Cora!