

Lesson 11: Friends, Family, Community and Our Social Selves

Activity

Name: _____

Think of an important friendship in your own life. (It could be with a friend from school, a family friend, or a pet.) How did your friendship come to be? How long have you known your friend? What makes your friendship safe? Write some examples of the 4 things Mandy B explains are needed to form relationships.

1. Time:

How long did you get to know your friend? What are some examples of how your relationship has grown over time?

2. Trust:

How did you and your friend learn that you could trust each other? What examples of trust can you remember?

3. Compassion:

How did you and your friend connect emotionally? How did your friend show compassion to you? How did you show your friend compassion? Was it in an action or in a conversation? Or both?

4. Play:

What kind of things do you like to play with your friend? What makes being with your friend fun?
