



BE A FRIEND

FAMILY CONNECTION LESSON

<p>CONCEPTS TO REINFORCE:</p>	<ul style="list-style-type: none"> • Be kind and listen • Help solve problems • Respect differences • Make others happy • Help another, even when others walk away • Be happy for others' success • Never gossip
<p>MATERIALS:</p>	<ul style="list-style-type: none"> • Yo-Yo
<p>ACTIVITY:</p>	<p>Instructions: Ask someone to play with the yo-yo. As they start to play with it, ask the questions found in the ACTIVITY TALKING POINTS section of this lesson.</p>
<p>ACTIVITY TALKING POINTS:</p>	<ul style="list-style-type: none"> • Does anyone know what this is? (Wait for responses.) • Have you ever played with one? • What does a yo-yo do? • When you toss it down, it comes back up to you. That's pretty amazing, isn't it? • In what ways are people like a yo-yo? • Have you ever done something to another person because they have done something to you? Have someone share an experience (can be either good or bad) • How did you feel afterward?
<p>FAMILY DISCUSSION:</p>	<p>Our actions with other people are a lot like this yo-yo. If we toss out unkind actions and are mean, what do you think will return to us? (Wait for responses.)</p> <p>If we toss out kind actions and treat people with love and respect, what do you think will return to us? (Wait for a response.)</p> <p>How do you want people to treat you? Do you want to get invited to birthday parties? Do you want people to like you?</p>

<p>FAMILY DISCUSSION (CONT.):</p>	<p>It's human nature to desire friendships. When we treat others with kindness, don't gossip about them, listen to them, are happy for their successes, respect differences, and make them happy, we create lasting friendships. That's The Golden Rule: treat others the way you want to be treated.</p>
<p>CONCLUSION:</p>	<p>Just like the yo-yo always comes back, the way we treat others will always come back to hurt or help us. If you try to be a better friend to others, those people will usually act more kindly and thoughtfully toward you. Sometimes, if you're trying to be nice to someone and they aren't nice back, you need to have the courage to stand up for yourself, but still be polite. If necessary, discuss this point more with your child(ren). Set goals with them on how they can be a better friend to others. After a week, discuss how their efforts affected their relationships.</p>
<p>TREAT:</p>	<p>HOSTESS HO-HO "Yo-Yos" Prior to this activity, write the letter Y in the place of the H on a box of Hostess Ho-Hos. Give everyone a Hostess "Yo-Yo" for dessert.</p>
<p>ADDITIONAL RESOURCES:</p>	<ul style="list-style-type: none"> • <i>My Troll Patrol: Be A Friend</i> by Linda Bethers • <i>Enemy Pie</i> by Derek Munson • <i>The Name Jar</i> by Yangsook Choi • <i>The Hundred Dresses</i> by Eleanor Estes • <i>Bear's New Friend</i> by Karma Wilson

"I think you're telling us we should show him how to be a friend, but we need to think about this for a minute."

