

## Lesson 6.1 WAYS TO MAKE FRIENDS

For some, making friends seems to come effortlessly. My dad, for example, could walk out of the grocery store with weekend plans to meet up with the cashier he just met. Some kids can walk out onto the playground on the first day of school, meet someone new on the basketball court and declare them a new best friend by the end of recess. For others, this experience of making a new friend might look and feel different. For these more hesitant or slower-to-warm-up students, our well-meaning nudges to “go make friends” are often met with caution or resistance. These children have a lot to offer as friends, but may need more support in making those first connections.

### What Are We Teaching and Why?

*Today we're going to learn some ways to make friends. Sometimes friendships form without us really thinking about it and other times we might be interested in making new friends and want to learn some strategies for how we might do that.*



### One Way We Might Teach It...

#### *Explicit Instruction with Steps or Strategies*

1. *The really cool thing about friendship is that you get to decide who you want to be friends with and why. Some people choose to be friends with someone because they like the way they treat them. You might choose to be friends with someone because you both like the same things and enjoy talking or doing those things together. Today I'm going to teach you some different ways you can try to make a new friend.*
2. *When I was a kid I wanted to make friends and decided to try something new and join a basketball team. We practiced each week and I got to know the people on the team and ended up becoming good friends with a few of the girls! I'm glad I tried something new because I met some new friends I wouldn't have otherwise had the chance to meet. Trying something new is just one strategy you can use. Here are some other strategies you might try when you want to make friends: [Show or make a chart in front of class.]*
  - Ask to join something you enjoy (if you love playing soccer and see some kids playing, go up and ask to join)
  - Try something new (join a club, play with different friends, sit at a new table during lunch)

- Talk to the people around you (ask them questions, share about your life)
  - Invite someone to join you (read a book together, trade Pokémon cards)
3. *Even though I was nervous to try something new, that helped me make new friends! Think about which strategy you might want to try and where you might want to give it a go.*



## One Way We Might Practice It Together...

### Interactive Read-Aloud

Today we're going to read a book called *You Will Be My Friend* by Peter Brown. This book is all about how tough it can feel sometimes when you're trying to make a new friend. Stop throughout the book and consider asking some of the following questions, having students turn and talk with a partner and then share out to the class:

- Before reading: *Let's look at the cover together before we start to read. What do you notice about the bear, Lucy's face? How do you think she's feeling about making friends? Now let's look at the other animals on the cover. How do you think they're feeling?*
- During reading: *How do you think Lucy is feeling now about making friends? What makes you think that? Have you ever felt like that?*
- After reading: *What could the other characters do to help include Lucy?*



## One Way We Might Support Transfer...

### Pre-Conference

Be mindful of less-structured times when kids might be trying to navigate looking for friends with whom to play. Consider saying, *Today when you go out to recess or to lunch, consider trying out one of our strategies. Maybe you'll ask to join the kids playing*

## Lesson 6.1 WAYS TO MAKE FRIENDS (Cont.)

*soccer because you like soccer. Or maybe you'll sit next to someone new at lunch and try to learn something from them. Remember that you get to decide who you want to be friends based on who you enjoy being with and who you feel safe with.*

### REWIND

What to do when you realize teaching another skill first makes sense.



- What Does It Mean to be a Friend?

### FAST FORWARD

What to do when you want to add in more layers.



- Ways to Notice When a Friendship Isn't Feeling Good
- What You Can Do When Someone Doesn't Want to Play (Lesson 6.5)