

be nice.: Invite others in

Objectives:

1. Students will learn how to start conversations with a student in the class they may not always talk to and students will learn to identify what they feel they need.
2. Students will be paired up (by the teacher) and ask their partner three questions:
 - How do you feel today?
 - Do you know why you're feeling this way?
 - What do you need? (Hug, handshake, high five, fist bump, to talk to someone, etc.)
3. Students will record what they learned about their friend in their journals

Materials:

Journals

Motivation:

Talk to the students about what inviting yourself to have a conversation with a friend would look like. Discuss how they can always ask friends how they are feeling if they notice that something seems different. Talk about identifying what you need: a hug, handshake, high five, or nothing to help you get through that feeling. Emphasize how the students can ask a trusted adult to help with a conversation between friends.

Development:

Tell the students they will be paired up to ask their partner three questions. Each pair will get 5-7 minutes to ask the questions and then discuss what that feeling means to them. Give the students time to record answers in their journals so they can refer back to this lesson if they want to invite someone to have a conversation in the future. Make sure each student in the pair gets a chance to answer.

Closure:

Discuss the activity with your students.

- Give groups a chance to share what they learned about their partner, if the groups feel comfortable doing this
- If you found it hard to ask a friend how they were feeling, or if you found it hard to answer, name some trusted adults you can ask to help you with this conversation.
 - Teachers, aides, parents, siblings
- Did you like when a friend asked you how you were feeling?
 - What felt good? What didn't feel good?
 - Could you identify why you were feeling that way?
- Do you think you are able to ask a friend how they are doing if they seem sad? Angry?
- When is an appropriate time to ask a friend how they are doing?
 - Break times, recess, free time
 - Not in the middle of class