

## Understanding Ourselves & Relating to Others: Sophomores

Oct. 24, 2017

	Lessons	Standards
<b>Last Week</b> Oct 16-20	Early Release – No AG (Mon) PSAT Reflection & Share Out (Tues)/CRLE Form Due	CRLE
<b>This Week</b> Oct 23-27	<b>Understanding Ourselves &amp; Others</b> (Tues) Tree of Giving Kick-off Assembly (Fri)	SEL 2: Social Belonging
<b>Next Week</b> Oct 30 – Nov. 3	Early Release – No AG (Mon) AG Team Building (Tues)	SEL 2: Social Belonging

**Materials:** Characteristics of a Peer Relationship Worksheet (In box, attached), Your Class White Board

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements
4. Conduct the outlined Lesson below.
5. End advisory according to personal preference.

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### Lesson Objectives:

- Awareness of the importance of relationships and how they are beneficial
- Recognizing the basic characteristics of how to be a friend
- Recognize that it takes practice to be a friend
- Recognizing what characteristics are wanted and unwanted in a friendship

*NOTE: Throughout the lesson constantly engage the students by asking them to provide examples and participate in discussion.*

### LESSON PLAN

#### **PART 1: Benefits of Relationships (5 min)**

**Highlight to the class that we have relationships with many people. We have relationships with our parents, guardians, siblings, extended family members, and our friends at home and at school. Having relationships with other people is important, because these connections with other people help us in many ways.**

One of the ways that relationships help us is by providing us with someone else to talk to. This is important because it makes us feel like we are not alone. There are many other reasons why relationships are beneficial.

- **Question:** Can anyone give me an example of why relationships are a good thing? (Wait for answers).

The way that we form connections with other people can have positive or negative consequences (When we act in a good way towards people and they act the same way to us, we feel better about ourselves and the other people feel better about themselves too).

## **PART 2: Characteristics of Positive Peer Relationships (5 min)**

### **Highlight to the class characteristics of a good and healthy friendship or relationship.**

In order to have positive peer relationships, we must first understand the basic characteristics of being a good friend.

- **Question:** Can anyone give me an example of what a good friendship consists of, or what it means to be a good friend? (Sharing, giving compliments) Good friendships can be complex because they consist of many different characteristics:
  - (1) Having common interests, likes, or hobbies
  - (2) Feeling comfortable with sharing private thoughts, feelings, or stories
  - (3) Understanding each other
  - (4) Conflict resolution (Solve arguments and problems without hurting the relationship)
  - (5) Being affectionate or caring
  - (6) Equality in the relationship (All members are treated the same; everyone is treated fairly)
  - (7) Being loyal and trustworthy (Keeping your word; doing what you say you will; keeping secrets)

**When learning about peer relationships it is important to keep three questions in mind.**

**(1) What characteristics can you bring to a peer relationship?**

**(2) What characteristics are you looking for in a friend?**

**(3) What characteristics are you NOT looking for in a friend?**

Good friendships are also two-way. This means that it takes two people to form a positive relationship that has the characteristics that we just spoke about. Both people in the relationship must make an effort.

## **PART 3: It takes practice to be a friend (2 min)**

**Once we understand what it means to be a friend, we must practice being a good friend.**

- It takes practice to do anything well from math, sports, or even being a friend. In soccer, if you want to improve your kick you need to practice shooting at the net every day. Eventually you will get much better at playing soccer and at scoring goals!
- Everyone can benefit from learning how to be a friend. It is a skill you will use your whole life.

**Remember the Golden Rule: Do unto others as you would have them do to you.**

## **ACTIVITY: Learn what characteristics are and are not wanted in a peer relationship (5 min).**

**Hand out the Worksheet...** Worksheet Instructions:

On the worksheet provided, students should work independently to:

- Write down characteristics that they can bring to a friendship. This means that they should write down what characteristics they possess that a peer would be interested in.
- Write down characteristics they would want in a peer when looking to form a friendship.

- Write down characteristics that they DO NOT want a peer to possess when looking to form a friendship.

Students turn to a partner and discuss their answers.

**ASSESSMENT: Learn to change the way we think about peer relationships (5-10 min).**

Discussion & Chart:

- Once the class has finished the ACTIVITY, come together as a class to discuss answers.
- Create a chart on your white board which consists of “Positive Characteristics” and “Negative Characteristics.”
- The teacher should fill in this chart based on student responses and class discussion.
- Emphasize the importance of possessing the positive characteristics and eliminating the negative characteristics.