

THE FIVE S's

Start up the conversation

Materials: Worksheets, chalkboard or whiteboard, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

To meet people and make friends, we have to put ourselves out there. What does “put ourselves out there” mean? It means to let go of our defenses and open up to others.

Sometimes, it may be scary to open up and put ourselves out there. But to make friends and fully connect with other people, we need to start a conversation.

One way to start a conversation is by using the Five S's: Smile, Shake hands, Speak up, Say your name and Seek something in common. The Five S's are a great way to meet and make new friends.

The first four S's — Smile, Shake hands, Speak up and Say your name — are pretty simple. But the fifth S — Seek something in common — can be a bit more difficult. Why? Because it requires you to think of a question or statement to share with a new friend.

So, after you introduce yourself, how do you start a conversation? Here are some ideas:

CONVERSATION STARTERS

- How are you doing today?
- I like your outfit.
- Isn't the weather nice?
- Do you like bicycling?
- What are you doing this weekend?

Let's brainstorm more ideas on how to start a conversation. If you have a suggestion, raise your hand and share it with the Group. We'll write all the ideas on the board.

Next, we're going to practice using the Five S's to start a conversation.

Our goal for the week is to introduce ourselves to at least two people and start a conversation using the Five S's. This will help us share our life experiences and make new friends. Let's begin!

ACTIVITY INSTRUCTIONS

- 1 Choose a partner. Decide who is Partner 1 and who is Partner 2.
- 2 With your partner, choose one of the conversation starters on the board to practice together using the Five S's.
- 3 Using the first four S's, Partner 1 will introduce themselves to Partner 2. Partner 1 will then use the fifth S and say the conversation starter to Partner 2. Partner 2 will reply back to Partner 1, who in turn will say something back to Partner 2. Try to continue the conversation for 2 minutes.

For example, after going through the first four S's, Partner 1 will use the fifth S — Seek something in common — to start a conversation with Partner 2. For instance, Partner 1 could say, “How's it going?” Partner 2 could reply, “It's going great. How's it going with you?” Both partners will continue the back and forth conversation.

You have 2 minutes to start the conversation and try to keep it going.

(Set the timer for 2 minutes.)

- 4 This time, switch roles. Partner 2 will use the first four S's to introduce themselves to Partner 1. Partner 2 will then use the fifth S and say the conversation starter to Partner 1. Partner 1 will reply back to Partner 2, who in turn will say something back to Partner 1. Both partners will continue the back and forth conversation.

You have 2 minutes to start the conversation and try to keep it going.

(Set the timer for 2 minutes.)

