

LETTER PERFECT

Friendships

for a lifetime

Materials: Worksheet copies, template copies, chalkboard or whiteboard, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Friendships change throughout our life. Some don't stand the test of time and are lost. Others grow and gain greater importance over the years.

Making and maintaining friendships is a skill we'll use all of our lives.

It's important to know the qualities to seek in a friend. Equally important are the qualities necessary to be a good friend to others.

ACTIVITY INSTRUCTIONS

- 1 Let's spend a few minutes brainstorming how to initiate a friendship and how to keep our current friendships strong. We'll write the ideas on the board.
- 2 On the template, write a letter for a younger student to read when they reach middle school. In the letter, talk about friendships at your age. Use the ideas on the board and the worksheet example to help guide you. You'll have 7 minutes to write.

(Set the timer for 7 minutes.)
- 3 When the timer sounds, we'll take turns sharing our letters. As we share, think about additional ways to meet new friends and strengthen existing friendships.
- 4 Use at least one of the examples the next time you're working on a friendship.

Dear Future Middle-Schooler,

I met my best friend Carrie in sixth grade history class. She is loyal and funny and the smartest person I know (besides me!). She listens to my problems and cares about my feelings...

.....

.....

.....

.....

.....

.....

Sincerely,



