

WEEK 1 (continued)

Friendly Faces Create Friendly Places!

Teach Friendly Signals (New!)

Materials: None

1. Model the following friendly signals one at a time. Encourage the class to repeat them.
 - Smile, Wave, Head Nod, Hello, High Five
2. Invite students to demonstrate other friendly signals. Make this fun by being creative. Students can make up new friendly signals.
3. Tap two students in the circle and instruct them to change seats. They each use one of the friendly signals listed above. For example, “*Pass one another and give a head nod.*”
4. On the last round, students pass each other; say each others’ names, a greeting and a friendly signal.
5. Once students understand this concept, they are less likely to make “snap judgments” about peers and adults based only on nonverbal signals. The Partnering activity in Week 2 will also help students partner and work together in friendly ways, even when they might feel uncomfortable.

Friendly Feelings are Contagious (New!)

Materials: Friendly feeling, whiteboard, markers

1. Discuss with students how being friendly is a habit that can have a positive ripple effect in the world. Talk about a ripple effect or something catching on that is positive (contagious).
2. Tell the students that this is a *no talking allowed* game.
3. Look at the student seated to your left and give them one of the friendly signals. This student passes it to the student on their left until the ripple has made it around the circle.
4. Discuss how a smile or friendly signal makes you feel like you want to be friendly back.
5. Play the *hot potato* game with the Friendly feeling. Toss the Friendly feeling to a student, saying his/her name paired with a friendly gesture. The point of the game is to keep the “hot potato” (Friendly feeling) moving as fast as possible. Keep going until the students are ready to stop, get too silly or run out of friendly gestures.
6. Write these three starter sentences on your whiteboard. Model how to complete the sentence with your own ideas. Ask students to complete the sentence with their thoughts and feelings as a way to guide them to become a friendly person.
 - *I am friendly to others because I...*
 - *I can be friendly to others even when....*
 - *When people are friendly to me, it makes me feel...*

Friendly Lesson – Kotowaza (a Kimochis® proverb) (New!)

1. *Friendly faces create friendly places.*
2. Talk about the Kotowaza and what it means to you. Give an example from your life.
3. Ask students how their life would be different if people were always friendly to them at school.
4. Ask students what they can do create a school that feels like a “friendly place.”
5. Make a Kotowaza poster. Students in the classroom sign their names to make a commitment to being friendly. They can also draw pictures that show “friendliness.”