

be nice.: Invite others in

Objectives:

1. Students will learn how to start conversations with students in the class they may not always talk to
2. Students will ask three different students a question (building off of feelings words found in the Let's Talk About Feelings Lesson Plan)

- How do you feel today?

Materials:

Just the students!

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. Emphasize how the students can ask a trusted adult to help with a conversation between friends.

Development:

Tell the students they will ask three different peers a question: How do you feel today? Each pair will get two minutes to ask the question and then discuss what that feeling means to them. Make sure each student in the pair gets a chance to answer.

Closure:

Discuss the activity with your students.

- 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?
- 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