

## Activity: Session 12 How to Make Friends

**Objective:** The purpose of this activity is to develop an awareness of the characteristics individuals must have to make and keep friends.

### Sign In and Welcome

Mentors should greet their protégés and show them where to sign in.

### Warm Up Discussion

- What kind of characteristics do you look for or want in a friend?
- What characteristics do you not want in a friend?
- If you want to have friends, why is it important to be a friendly person?
- Have you every heard "Do unto others and you would have them do unto you." What does that mean? Do you agree with that statement? Why or why not?

### Group Activity: "Friend or Foe"

- Ask the group (see attachment 1) "Friend or Foe" questions and discuss them as a group.

### One-on-One Time

Discuss the following questions.

- Have you ever had a best friend? If so, share something about that person.
- What do you look for in a friend? Explain.
- Has a friend ever hurt your feelings? Explain.
- Have you ever hurt one of your friend's feelings? Explain.
- Have you ever lost a friend? Explain.

### Wrap Up Discussion/Closure

- What was something you learned from today's session?
- What do you think the point was?
- Is there anything new you learned that you plan to use in the future? Explain.

Thank everyone for their participation.

## Optional Activities/Discussions

### **Group Activity:** “Human Knot”

Instructions: Split group into two teams. Have each team stand in a circle facing each other. Have everyone close their eyes and place both hands in the circle with their arms crossed. Keeping their eyes closed they must grab someone else’s hands so that everyone is randomly holding hands with someone else.

Have everyone open his or her eyes. Each team must now untie the “human knot” they created. The first team to untie themselves wins!

Discuss how the activity went.

- How did teamwork play a factor in this game?
- How did you communicate with each other? Did you get frustrated or stay focused to win?
- Was it hard work to get untied? Are our friendships sometimes hard work?
- Does this game relate to our friendships? How? (Example: Sometimes friends get themselves into “knots” through miscommunication and they need to work together to solve the problem.)



## Friend or Foe Activity Questions

1. You like someone a lot but you are too shy to ask that person out. You have your friend ask that person out for you instead. Your crush ends up liking your friend. You tell your friend it's okay to go out with your crush. Your crush and your friend end up dating. Friend or Foe?
2. Your friend borrows something and never returns it. Friend or Foe?
3. Your friend always chooses to hang out with his/her boyfriend/girlfriend instead of you? Friend or Foe?
4. Your friend is always honest with you even when it hurts your feelings. Friend or Foe?
5. Your friend doesn't let you copy his/her homework. Friend or Foe?
6. Your friend gets into a fight for you. Friend or Foe?
7. Your friend sees you skip school. In your next class together, the teacher asks your friend if you were at school that morning and your friend says you weren't. You end up getting Saturday School. Friend or Foe?
8. Your friend is a teacher's aide and they gave you an extra point in the teacher's computer. Friend or Foe?
9. Your friend wants you to help him/her cheat on a math test that he/she didn't study for. Friend or Foe?
10. You invite your friend to your birthday party. He/she doesn't show up because he/she had a family issue. Friend or Foe?
11. A friend steals a \$300 jacket for you. Friend or Foe?
12. A friend offers to sell you some marijuana. Friend or Foe?
13. Your best friend knew you didn't have any breakfast and you were hungry. Your friend had a chance to steal some donuts but didn't. Friend or Foe?
14. You tell your friend you drank at a party. Your friend is worried about your safety and tells your parents. Your parents ground you and take away your phone privileges. Friend or Foe?

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