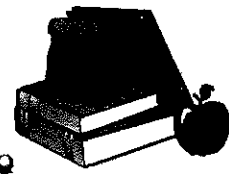


# Friendliness



## What Is Friendliness?

Friendliness is being a friend. It is taking an interest in other people. It is going out of your way to make others feel welcome or to make a stranger feel at home. When you are friendly, you happily share your belongings, time, ideas, and feelings. You share the good times and the bad times together. Friendliness is the best cure for loneliness.



## Why Practice It?

Friendliness keeps you and others from feeling lonely or left out. It helps people feel that they belong. When something good or bad happens, it feels good to share it with a friend. Friendships don't just happen — they are made by people who are willing to be themselves with each other.



## How Do You Practice It?

Friendliness begins with liking yourself and believing you have something to share with others. Be kind to people you don't know. You can be friendly just by walking down the hall, looking into people's faces, and smiling. They will probably smile back. Show your friends you are glad to see them, by asking how their day is going and sharing your news with them.

## What would Friendliness look like If...

- You see someone who is new at school looking lonely?
- You wish you could make friends with a popular student at school?
- Your parents invite a family to dinner whom you have never met?
- One of your friends looks like she has been crying?
- You are walking past someone who looks strange and dresses differently?
- You wish you had more friends?

## Signs of Success

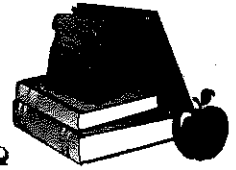
Congratulations! You are practicing Friendliness when you...

- Like yourself and realize you have a lot to offer
- Smile and greet someone you don't know
- Get to know someone and let them get to know you
- Show an interest in others
- Show caring when a friend needs you
- Are friendly to people who look and act different

## Affirmation

*I am friendly. I smile and greet people. I show an interest in others. I like myself and know that my friendship is worth a lot.*

# Activities with Friendliness



## A Friendly Week

Make a commitment together as a class to be friendly to at least one new person a day for a week and share about it on the last day of the week. Questions to ask are:

- What was hard about it?
- What was easy about it?
- How did it feel to be friendlier?
- Did you meet anyone you would not have met before?
- How has your friendliness helped make our school/club/camp a better place?



## Virtues Reflection Questions

- ❑ What are some of the challenges or obstacles to being friendly?
- ❑ What are the characteristics of a best friend?
- ❑ What would a good friend do if someone was sad?
- ❑ How can you be friendly with someone without making it into a “best friends” situation?
- ❑ What happens when cliques form and they are unfriendly to everyone else?
- ❑ Name three things you can do to have more friends.



## Drawing Friendliness

Draw a picture of people being friendly.



## Poster Points

- ❑ A friend through good times and bad.
- ❑ Always a friend.
- ❑ Friendliness is contagious.
- ❑ There are a lot of interesting people out there.



## Quotable Quotes

*“Don’t walk in front of me  
I may not follow  
Don’t walk behind me  
I may not lead  
Walk beside me  
And just be my friend.”*

Albert Camus

*“The friendship that can cease has never been real.”* St. Jerome

*“The best way to have a friend is to be one.”*  
Peggy Jenkins

*“A friend loves you enough to support you and to confront you.”* Anonymous

*“The world is like a mirror  
Reflecting what you do,  
And if your face is smiling  
It smiles right back at you.”*  
Unknown

*“To be a friend, remember that we are human magnets; that like attracts like and that as we give we get.”*  
Wilfred Peterson