



# Make a friendship gift for someone new to you.



## Get Inspired

Art by Khushani, age 15, Nevada, USA

### Quote

"Every new friend is a new adventure...the start of more memories."

*Patrick Lindsay*

### Fact

According to researchers, pleasant surprises make us happier. Giving makes us happy, it's good for our health, it makes us more grateful and it's contagious (in a good way 😊)!



## Shake It Up

1. Stand up.
2. Breathe in deep. Imagine you received the gift you would want the most.
3. Then imagine you are able to give that gift to someone else. With the joy you feel, skip with high knees throughout your house shouting,  
"Woo-hoo, I'm generous!"



## Talk It Out

1. How do you think a new friend would feel if you made a gift for them?
2. How do you feel when you give to others?
3. Have you ever made something for someone else? What did you make?  
How did you respond?



## Do It!

1. With your class, brainstorm ideas for friendship gifts you can make.
2. Now, think of someone who you have recently met or someone you've known for a while but have never been close to.
3. Decide on a gift you'd like to make for that person.
4. Gather the supplies needed and make your friendship gift.
5. When it is safe to do so, present your gift to your new friend.
6. Smile big knowing you have made someone else happy!

# Make a friendship gift for someone new to you.

## SEL Competencies

### Social Awareness

Empathy

### Relationship Skills

Relationship Building

## Timeframe

15 – 30 min

## Materials Required

This will differ for every student, depending on the gift they choose to make.



## Get Inspired

### Quote

Invite a student to read the quote.

### Fact

Giving makes us happy, it's good for our health, it makes us more grateful and it's contagious.

[Source](#): Greater Good Science Center



## Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up. Breathe in deep. Imagine you received the gift you would want the most. Then imagine you are able to give that gift to someone else. With the joy you feel, skip with high knees throughout your house shouting, "Woo-hoo, I'm generous!"



## Talk It Out

Encourage your students to reflect on the provided questions.

1. How do you think a new friend would feel if you made a gift for them?
2. How do you feel when you give to others?
3. Have you ever made something for someone else? What did you make? How did they respond?



## Do It! (as a class + individually)

1. Brainstorm and record ideas for friendship gifts your students can make.
2. Next, invite your students to think of someone who they have recently met or someone they've known for a while but have never been close to.
3. Using the brainstorming list, have students decide on a gift they'd like to make for that person.
4. Give students time to gather the supplies needed and the time to make their friendship gift.
5. Encourage students to present their gift to their new friend when it is safe to do so.