**Facts to Know**

**Suggested group size:** six to eight children per adult volunteer

**Time frame:** group meeting between 30 to 60 minutes

**Recommended ages:** 5- to 7-year-olds (kindergarten through second grade)

**Materials:**
- Drawing paper
- Large roll of paper, 5-foot length
- Pencils
- Crayons or colored pencils
- Poster board or cardstock
- Glue
- Scissors
- Decorative embellishments (foam cut-outs, pom-poms, sequins, stamps, etc.)

**Background Knowledge**

Friendship is an important, trusting relationship between people who like to be together. Because having friends is so important, we may spend too much time worrying about why we don’t have more of them. We need to remember that “to have a friend, we need to be a friend.”

The following are some basic guidelines on being liked and accepted; they tie in closely with the idea of “being a friend.”

Liking ourselves, being positive, realizing that everyone has problems, setting goals to achieve success, concentrating on past successes instead of failures, being flexible and adjusting to change, finding similarities with other people, accepting others, listening to others, sharing with others and handling stress are all characteristics of people who find being a friend is easy to do. Friends are trustworthy, respectful, responsible, fair, caring and good citizens.
Do: Getting Started
Partner Pictures (15 minutes)

1. Divide members into pairs. Have them draw a picture of their partner using crayons or colored pencils. Encourage members to draw their partner’s hair and eyes and other features.
2. Discuss how others may view us differently than we see ourselves.
3. Ask members to take turns sharing one thing they really like about their partner.

Do: Digging Deeper
Initial Towers (15 minutes)

1. Prior to the meeting, trace around and cut out each member’s initials on 8½- by 11-inch pieces of poster board or cardstock. Each set should be cut out so the initials touch and are one piece.
2. At the meeting, members should color and decorate their initials on both sides.
3. With an adult’s help, members will cut ½-inch slits on the edge of each initial set. Make two of these slits on each letter, one on the top edge, one on the bottom edge. The slits are on the edge of the paper, so that one set of initials slide into the slits of another set.
4. Start connecting the letters by fitting the slits together with other letters.
5. Build the letters upward, in a tower shape. Members can help. The initials should self-support themselves in a tower.
6. Once all members have added their initials to the tower, take turns to see who can identify the most names.

(From Getting Acquainted & Friends, 2012)
Being the new kid can be hard. This activity will help members think about how to ease this awkward time for a recent arrival. It also provides an opportunity to reflect upon what makes a good friend and what creates a caring community.

1. Prior to the meeting, trace around (or draw) a large body outline to become your Flat Stanley. The outline should be large enough for several members to sit around. Cut out your Flat Stanley. Make duplicates for large groups.

2. Introduce the new club member, Flat Stanley, to the members. Talk about the ways the 4-H club is a group and how everyone contributes to it.

3. Ask 4-H'ers to think about when they have been new to a group (such as a sports team or summer program) Were they nervous? What were their worries?

4. Once members have shared a few answers, ask them what others in the group did to make them feel welcome. Did it work? Ask them if they ever have had a hard time fitting in. Did other children make belonging hard to do? How did that make them feel?

5. Sit together around Flat Stanley. Ask members to share their ideas for making Flat Stanley feel welcome.

6. Encourage the members to draw pictures of how they would help Flat Stanley feel like a part of the club.

7. Explain that everyone is responsible for making sure our group is a caring group. What can the members do to show they want to be a good friend? What do their friends do that shows caring? How can they be a better friend?

8. Hang Flat Stanley up on a wall for the rest of the meeting. Members could take turns bringing Flat Stanley home between meetings and take photos with him in special places.

(Being a Good Friend, 2012)
Reflect/Apply

Reflect: Bringing Closure

Who’s Missing? (10 minutes)
1. Ask members to sit in a circle. Select one member to sit in the middle and hide his or her eyes.
2. Select another member to leave the room.
3. The member in the middle opens his or her eyes after the other has left the room. The remaining member looks around and tries to guess who is missing. Give three guesses.
4. All members return to the circle after a correct guess or three missed guesses. The member who left the room sits in the middle for the next round.

(Applying Acquainted & Friends, 2012)

Apply: Going Beyond

1. Send birthday wishes. Obtain birthday dates of senior citizens in the community. Try asking at retirement homes or assisted living venues. Have members, with an adult’s help, send a birthday card to an elderly person. The card could be mailed or brought in person by the member.
2. Create word art. Build a crossword-style work of art using every member’s name. Intersect names where the common letters are until each member’s name has been added.
3. Do a friend swap. Share a simple way to make a friendship bracelet with embroidery floss or yarn. Members should find a special friend and trade bracelets with him or her. Friendship bracelets are worn until the old friend or a new friend offers one in replacement.
4. What’s that you say? Record members’ voices throughout the meeting. Then play the recordings back and have members try to guess who is talking.

(Applying Acquainted & Friends, 2012)

Resources

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For more information, see www.ndsu.edu/4h

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