

# URSTRONG

## FRIENDOLOGY 101

### Student Learning Outcomes

	grades 1 & 2	grades 3 to 6
Students will apply the Friendology 101 Guidelines: Be kind to yourself and others, be open to learning and growing, be honest, be brave, and have fun.	x	x
Students will dispel myths around gender stereotypes, thinking critically about the messages that are imposed on them because of their gender and challenge those limitations and expectations to focus on who they really are.		x
Students will identify the things they can and cannot control about themselves. They will learn to embrace qualities they cannot change and feel good about who they are. They will also learn that although they can't control the shape of their nose or color of their eyes, for instance, they can control their behavior and choose to be happy.		x
Through the Friendology Project (writing in a gratitude journal), students will focus on seeing life through a positive lens and the importance of expressing gratitude and appreciation.		x
Through the Friendology Project (Looking into Your Sole), students will examine the main aspects of who they are and describe themselves in a variety of ways.		x
Students will be able to take control of new situations by introducing themselves.	x	x
Students will be able to have a conversation through a game of catch, using both I's (being interesting and interested).	x	x
Students will recognize that a new friendship starts by finding one commonality.	x	x
Students will be able to describe what is normal in a friendship through the 4 Friendship Facts	x	x
Through the Friendology Project (having lunch with a new friend), students will apply the skills they learned. Students will practice introducing themselves, having a conversation, and sparking a new friendship.	x	x
Students will be able to list some of the attributes that make a person a GREAT friend.	x	x
Students will be able to describe how healthy friendships are like healthy food; they make us stronger, help us grow, give us energy, help us think/learn, improve our mood, and feel good.	x	x
Students will be able to describe how unhealthy friendships are like unhealthy food; they drag us down, make us irritable, don't give us what we need, and feel bad.	x	x
Students will recognize the importance of spending the most time in healthy friendships and spending less time in unhealthy friendships. Students will also be able to identify that sometimes friendships are in the unhealthy zone because of a Friendship Fire® that hasn't been put out.	x	x
Students will be able to define the term body language and the role it plays in how people give and receive messages.	x	x
Through the Friendology Project (spending one lunch recess alone), students will feel the power of being on their own, empathy, and the impact friends have on our lives.	x	x

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Students will be able to identify the normal cycle in a friendship, recognizing that they can survive conflict and make their friendship closer and stronger by talking it out.		x
Students will be able to explain why it is important to put out Fires® and identify some of the unhealthy, inappropriate ways kids sometimes manage conflict.		x
Students will be able to describe what a Friendship Fire® is and list the steps for putting them out using a calm, serious voice with appropriate body language.	x	x
Students will be able to demonstrate what to do if their friend has a negative reaction to the conversation.		x
Students will be able to demonstrate what a positive reaction looks like that would put out the Fire® and move towards Forgive-and-Forget on the Friend-o-cycle.	x	x
Students will be able to explain the positive impact conflict has on our relationships and the importance of standing up for themselves.		x
Through the Friendology Project (interviewing a mentor), students will open up the lines of communication with a grown-up they trust and recognize that everyone has struggled with friendship issues at some point in their lives.		x
Students will be able to identify the difference between a Friendship Fire® and Mean-on-Purpose behavior.		x
Students will be able to describe what a Quick Comeback is and name their own Quick Comeback.		x
Students will be able to demonstrate how to say a Quick Comeback, using a strong voice, and what to do if the person has a negative reaction to the conversation.		x
Students will be able to report a situation, expressing just the facts, to an adult.		x
Through the Friendology Project (finding a mantra), students will be able to describe their own power statement and express how positive self-talk impacts their confidence.	x	x
Students will be able to say, "No!" to their friends in a kind way by saying, "No, because..." to ensure they are explaining themselves.	x	x
Students will be able to describe the best way to handle birthday party invitations to minimize hurt feelings.		x
Students will be able to explain how to avoid being caught in the middle of two friends who aren't getting along.		x
Students will be able to analyze the concept of 'stealing friends' and identify the Friendship Fires® that ignite when this happens.		x
Students will be able to list ways to keep friendships healthy online including the importance of always dealing with Friendship Fires® face-to-face.		x
Through the Friendology Project (spreading kindness online), students will put to practice the power of kindness online and demonstrate the positive impact it has on others.		x
Students will recognize that feeling butterflies (e.g. anxiety) is normal.		x

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Students will be able to categorize their butterflies into ones they can control versus ones they cannot control. With the butterflies they cannot control, students will learn the importance of releasing them. With the butterflies they can control, students will be able to make a plan for each one to tame it and feel more in control.			x
Students will be able to describe the 'Worse Case Scenario' technique for managing butterflies.			x
Students will be able to differentiate between stories they made up versus what's real and describe the importance of putting a stop to those 'Movies in our Mind'.			x
Students will be able to demonstrate active listening.	x		x
Students will share their stories and put a voice to how they are feeling.			x
Through the Friendology Project (sharing highs & lows with their family), students will open up the lines of communication with their family and recognize that even though we all have good days and bad days, there is something positive in every day!			x
Students will be able to recall the key concepts from Friendology 101's previous 7 sessions.			x
Students will be able to list one positive quality about each person in the class.			x
Students will be able to appreciate the impact they have on the world around them, recognizing they matter and deserve healthy, respectful friendships and relationships.	x		x
Students will be able to show confidence in who they are by displaying and describing their Soul/Sole to the class.			x