



URSTRONG



## Friendology 101 JUNIOR

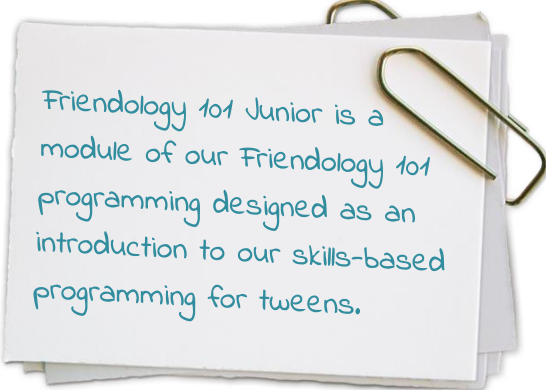
### For Students in Grades 1 & 2

Friendology 101 Junior is a series of **4 sequential sessions** that inspire children to feel empowered, develop a strong sense of self, and love themselves while learning to manage the most important thing to them...their friendships.

The lessons guide students through the next step in their social-emotional development, moving beyond basic interpersonal skills learned in Kindergarten like sharing, taking turns, and being kind.

The 4 sessions centre on the following key concepts:

1. **How to Make Friends** – focuses on the importance of embracing your true colors and honoring the true colors in other people. Students learn the art of friendship-making starting with how to introduce yourself, find something in common, and have a conversation.
2. **How to Be a Great Friend** – focuses on the difference between healthy and unhealthy friendships using the Friend-o-meter, attributes of a great friend, and the importance of spending the most time in healthy friendships. Students also learn what's normal in a friendship through the 4 Friendship Facts.
3. **How to Put out Friendship Fires** – focuses on putting a voice to your feelings and conflict-resolution using our step-by-step approach for putting out *Friendship Fires*®. Students practice how to put out common *Fires* and Make it Right!
4. **How to remember URSTRONG!** – brings all the topics together by reviewing and reinforcing important concepts, recognizing the strengths in one another, and a chance for each child to showcase their “sole”.



Friendology 101 Junior is a module of our Friendology 101 programming designed as an introduction to our skills-based programming for tweens.