

# ***What is a Friend?***

*A friend is someone who...*



Think about how you would describe a good friend or a healthy relationship. Record ideas you have and add ideas you learn from others today.

# Partner Agreements





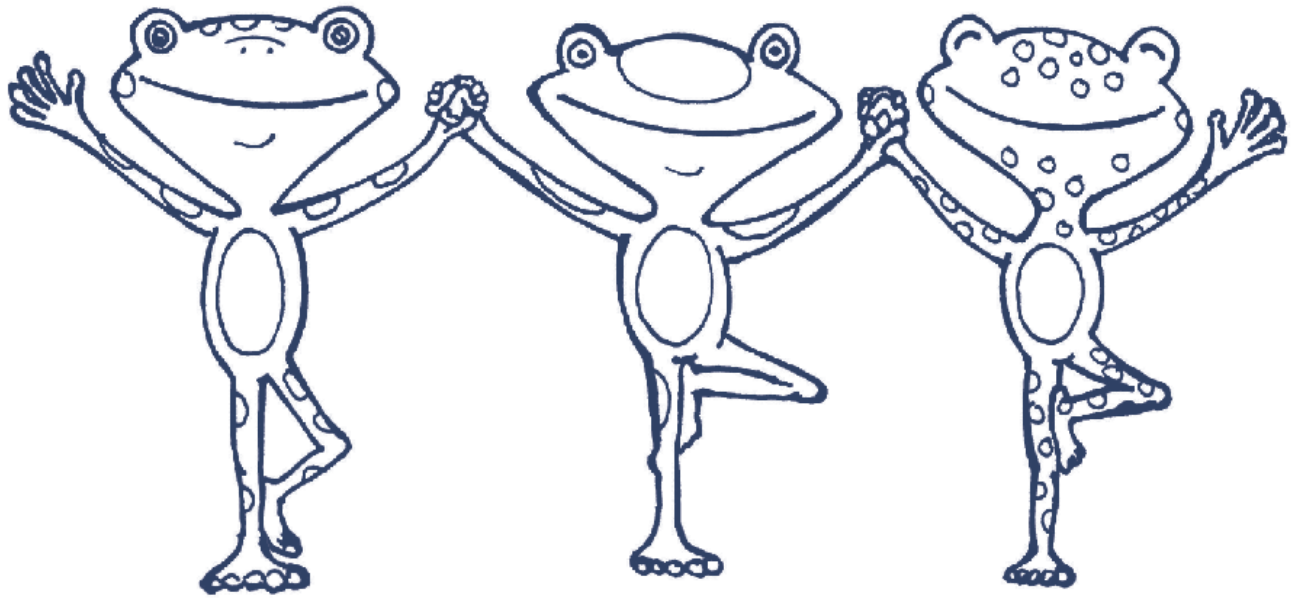
# Mindful Listening - Partners

- Display or project the Mindful Listening visual.

*Now we'll share our ideas about being a good friend with a partner, and the partner will practice listening with full attention.*

- Ask students to sit next to a partner, with hands on their Anchors. Give instructions for students for who will speak first (such as the student on the right in the pair).
- Provide the prompt to the first speakers: *How do you know when someone is a good friend?*
- Ring the chime to cue the first speaker to respond to the prompt, while the listener simply listens with full attention, focusing on what the speaker says.
- After one minute, ring the chime again.
- Lead students in a brief Check-In. Ask the speakers to notice how it felt to be listened to in this way. Ask the listeners to notice how it felt to listen with full attention to the speaker.
- Ask the students to switch roles and repeat:
- Provide the prompt to the second speakers: *How do you know when someone is a good friend?*
- Ring the chime to cue the second speaker to respond to the prompt, while the listener simply listens with full attention, focusing on what the speaker says.
- After one minute, ring the chime again.
- Lead students in another brief Check-In. Ask the speakers to notice how it felt to be listened to in this way. Ask the listeners to notice how it felt to listen with full attention to the speaker.
- Invite students to share with the group what they noticed.

# Partner Tree



# Partner Tree

- Pair students for the partner pose. If an odd number, complete the pose with one student.
- Display or project the Partner Tree image.

*Begin by standing in Mountain pose, side by side and shoulder to shoulder with your partner.*

*You can hold your partner's hand, entwine elbows with your partner, or touch the back of your hands to your partner's.*

*Focus your eyes on the same spot.*

*You are partnering to create one giant tree. Your inner legs will be your strong trunk.*

*Inhale: Stand tall and shift your weight to the center of your tree "trunk" (your inner legs).*

*Exhale: Bend the knee of your outer leg, rotating your leg so your knee opens out to the side. Begin to raise your foot, first placing it on your ankle. Then try to place the sole of your foot on your calf and create a mirror image of your partner's Tree pose.*

*Inhale: Raise your outer arms up into the air and touch palms with your partner overhead.*

*In order to keep you and your partner both safe, notice what your body is communicating with you. If you start to feel wobbly, place your foot down and tell your partner you need to rebuild your tree.*

*Hold the Partner Tree pose for two breaths.*

*Breathing in: Grow your tree taller, lengthening up through your legs and spine.*

*Breathing out: Grow your roots deeper, pressing into the floor through your "trunk" (foot).*

*Breathing in: Notice how your partner is balancing in the pose.*

*Breathing out: Find steadiness and calm to support your partner.*

*Release Tree pose and shake out your legs to let go of any tension.*

*Return to Mountain pose and take a couple of breaths to check in with your hands on your Anchors.*

- Invite students to share their observations.
- If time allows, ask students to switch places to form Partner Tree pose on the other side.

**Note:** Group Leaders, this image (trio, with bent leg inward toward each other) does not match the instructions in script (pair with inner legs straight and forming a trunk). Either way of forming Partner Tree is acceptable (inner or outer leg straight, student's foot should be placed on the ankle, calf, or above the knee, but not on the knee)