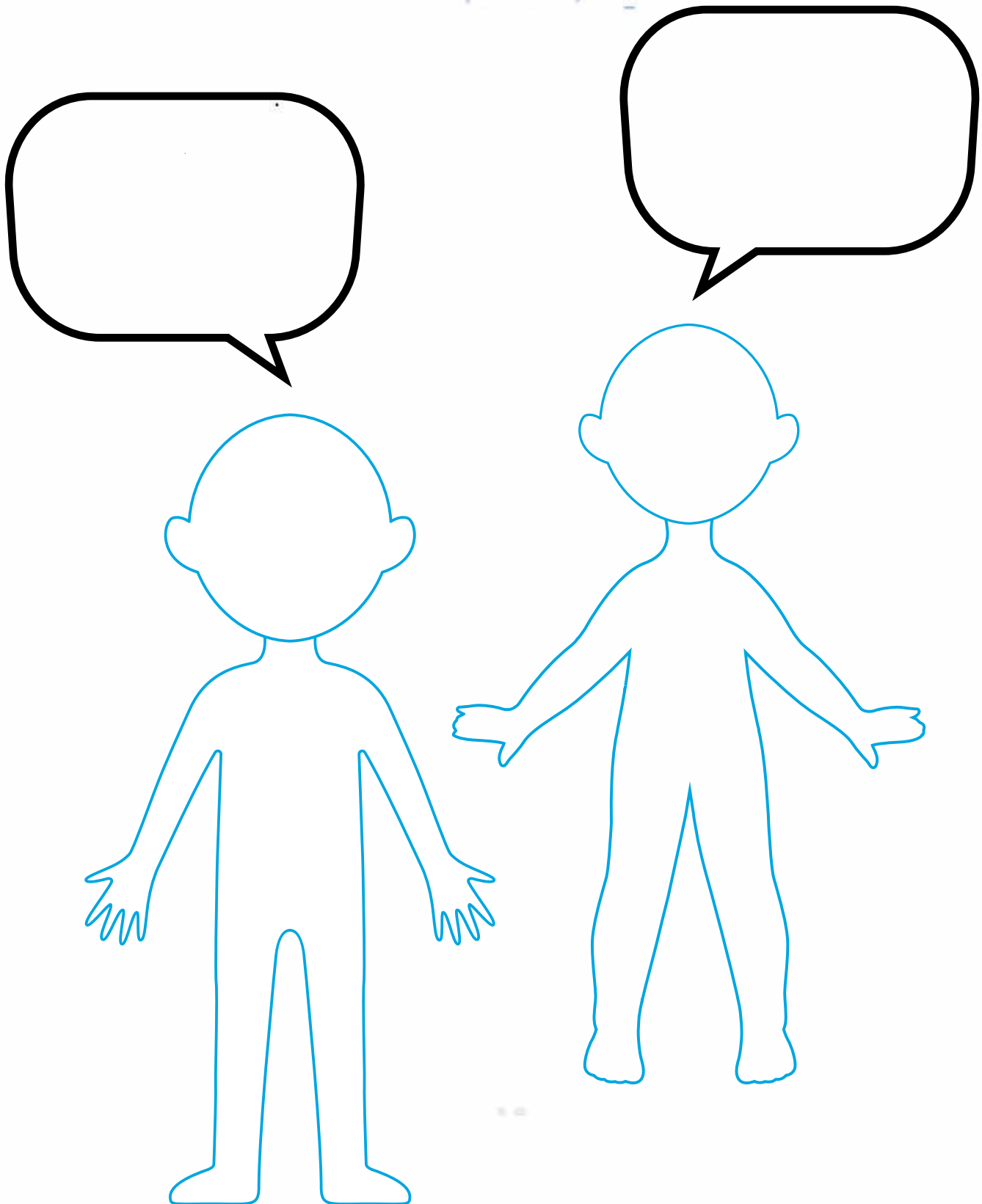


How Do You Draw a Friend?



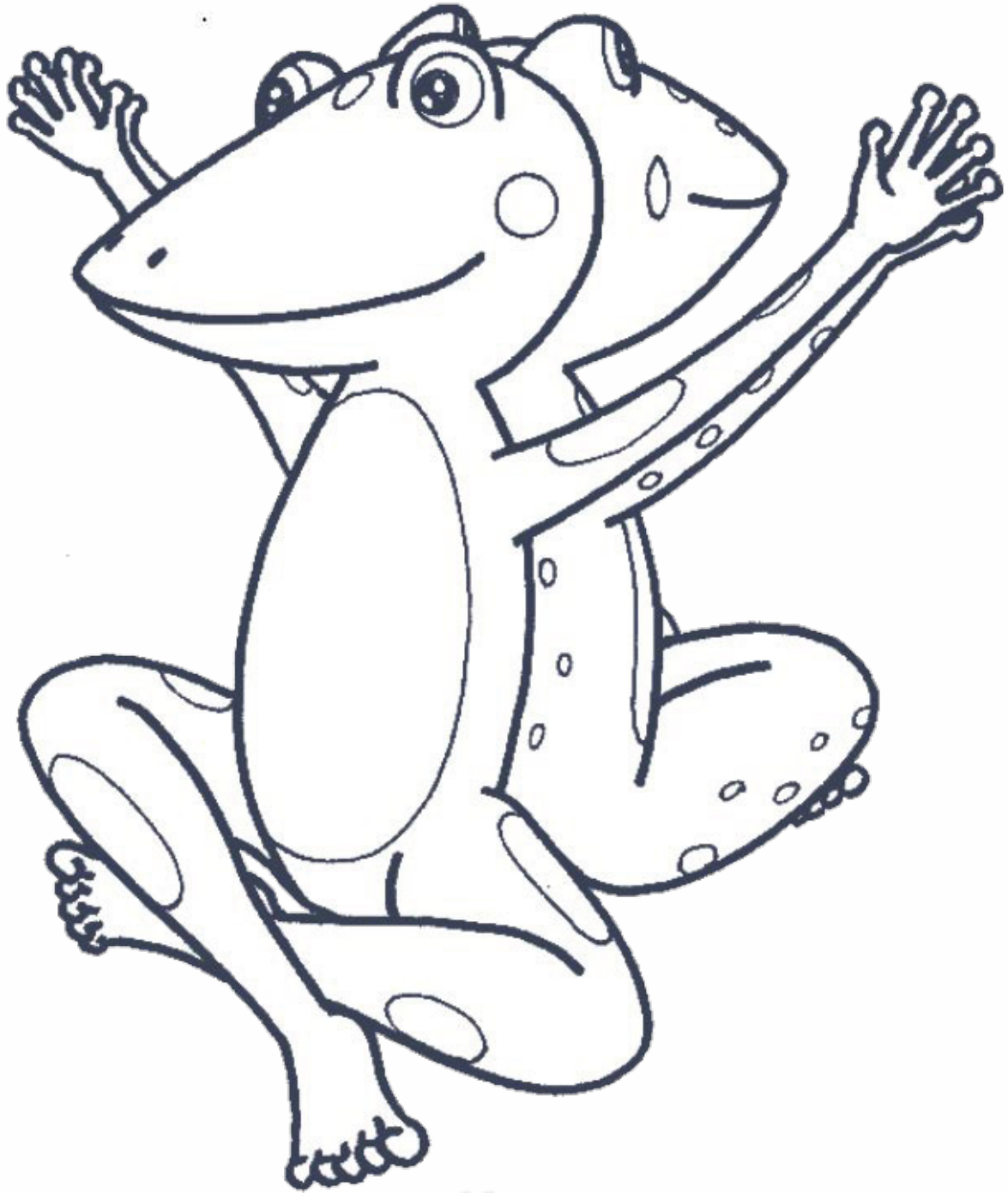
Visualizing Friendship



Visualizing Friendship

- Display or project the Visualizing Friendship visual.
 - *Picture in your mind someone who is a good friend to you, who shows you kindness, someone you enjoy spending time with.*
 - *Picture this friend in your mind.*
 - *Remember a time when they were a good friend to you.*
 - *Maybe there was a time you had fun together, a time they showed you kindness, or a time they helped you when you needed it.*
 - *Picture that memory.*
 - *Pause and give a moment for reflection.*
 - *When you think of this friend and this memory, how do you feel?*
- *Invite volunteers to share their reflections with the group.*

Partner Seated Sunrise



Partner Seated Sunrise

- Ask students to greet their partners (with a handshake, high five, or fist bump). Then ask students to repeat the following statement to commit to the guidelines you set as a group: *“I agree to our group Partner Work Agreements. I will be a safe and kind partner.”*

- Ask students to sit back to back with a partner, either in chairs or cross-legged on the floor.
 - *With your arms reaching out to the sides, and palms facing forward, bring the backs of your arms and hands toward your partner’s.*
 - *The backs of your hands may be together or hovering close together without touching.*
 - *Inhale, and moving together with your partner, stretch your arms out to the sides and up in the sunrise motion.*
 - *Exhale, and moving together with your partner, stretch your arms out to the sides and down, reversing the motion.*

- Repeat four to five times, with students sitting tall and breathing and moving together.
 - *Can you notice your partner’s breathing? Are you breathing together?*