

## April: Friendship – spending time with someone you trust and enjoy

**SAY IT:** We love our new value and can't wait to hear about all of the conversations it will inspire at home! This month we are talking about those people in our lives who mean the most to us—the people we trust and enjoy being around—and how to make sure we are the kind of people others trust and want to be around.

But first things first, help us get your child acquainted with the new value and definition by setting aside some time to play this family game this week.

Lay out strips of paper and have the rest of your family watch while you write (or get help to write) the value and definition out—one word on each strip of paper. When the definition has been written out, fold each strip of paper a couple of times and place them in a paper bag. Stand in a circle with one family member holding the bag.

Play a song (one of your family's favorites) while you pass the bag around the circle clockwise. Let the music play about 10 seconds. Whoever is holding the bag when the music stops, pulls out a piece of paper and places it on the ground in the middle of the circle. Continue playing the music, passing the bag and stopping the music until the entire definition is laid out on the ground in the correct order. Then say it together as a family.

**KNOW IT:** Dig a little deeper this week with these discussion starters about friendship:

- Have you ever been surrounded by a lot of people, but still felt lonely? How is that possible?
- Ralph Waldo Emerson said, "The only way to have a friend is to be a friend." What do you think this means?
- The playground can be a great place to make a friend. Where are some other places that you see kids who might need a friend?

- How would your life be different without your friends?
- Sometimes it's the unexpected people that can show up and be a friend to us. Share a time that someone unexpected became a good friend.

**SEE IT:** Now that you know what we say friendship means, and you know what friendship means to you, read about this book and SEE what friendship means to the characters in it:

In the book *The Invisible Boy* by Patrice Barton, Brian is a kid who spends a lot of time alone. No one asks him to play or to come to their birthday parties, and Brian spends most of his time drawing. But one day a new kid, Justin, shows up at school and Brian is the only one to welcome Justin. He slips Justin a nice note. Later on, Justin asks Brian and another kid to be in his group for a project. Brian's artistic abilities are really helpful to their group, and before long, Brian is making even more friends. You never know who will turn out to be one of your very best friends!

Grab a copy of this book at your library or bookstore this week!

**BE IT:** The friends your child chooses are critical influences in their lives. In fact, studies have shown that if a child has a best friend in elementary school, someone they can trust and laugh with, they have healthier relationships as teens and adults.

Ask your child what qualities he or she looks for in a friend and why it is important to have friends you can trust. After talking about true friends, plan a weekend this month to host a slumber party with the friends your child most trusts and enjoys. Plan the party together with your child, then sit back and enjoy watching him or her grow healthy relationships!