

Children's Connection Curriculum

Session Topic: Social Skills / Interactions – Friendships, Peer/Peer, Peer/Adult; Self-Esteem – Feelings (When we get along – Activity 1)

Developmental Level: Elementary School

Purpose: To help children identify times and relationships that feel happy and safe for them.

Materials Needed: Blank books, one for each child (4-6 sheets of white paper stapled together with a copy of "My Book of Being Happy and Feeling Safe" on page 9 as the cover), Crayons, markers, and/or colored pencils, Home Handout "25 Things that Friends Do" from A Leader's Guide to We Can Get Along by Lauren Payne, M.S.W., and Claudia Rohling, M.S.W., p. 10. Book: We Can Get Along by Lauren Murphy Payne, M.S.W., illustrations by Claudia Rohling, M.S.W. (Optional)

Description of Session: Read all or part of book We Can Get Along (optional). Invite the children to think about a time when they felt happy and safe. If they need help, you might introduce and briefly discuss some of the items on the "25 Things That Friends Do" handout.

Distribute the blank books and tell the children that they are going to create stories about a time when they felt happy and safe. Explain that they will tell their stories in pictures. Have them start by writing their name on the cover.

While the children are working, circulate among them, offering assistance and suggestions where needed. Encourage the children to think of this as their very own "picture book" of a wonderful time in their lives.

Afterward, allow time for the children to share their stories. Let them take their books home to show their parents or caregivers. If they want, they can write words to go along with pictures, asking their parents or caregivers for assistance if needed.

Discussion Questions:

Referring to the children's pictures:

1. Where were you?
2. Who were you with?
3. What were you doing?
4. Why were you happy?
5. What felt safe to you?

Additional questions:

6. Who are some people you trust?
7. Who are some people you can talk to when you want to talk?
8. Who helps you when you need help?
9. What are some other things that make you feel happy and safe?

Reference: A Leader's Guide to *We Can Get Along* by Lauren Payne, M.S.W., and Claudia Rohling, M.S.W., p. 7-10