



# **Week 21 - Friendliness**

## **Day 2**

### **New Students**

Two students were transferring to a new school. The first asked the counselor, "How are the students here?" The counselor replied, "How were the students at your other school?" The student said, "Mean, hateful, unfriendly, bullies." The counselor then said that the students were the same here.

The second student came to the same counselor and asked, "How are the students here?" The counselor asked the second student, "How were the students at the school you came from?" The second student answered, "Great, helpful, friendly, caring." The counselor said the students are the same here.

**What did you learn from this?**

**How were the students different at the second school?**

## **Week 21 – Friendliness**

### **Day 3**

#### **The Echo**

The little boy told his mom that the man in the valley hated him. The mother asked, “Why do you say that?” I go to the valley’s edge and I yell, “I hate you,” and he yells back, “I hate you.”

The mother took the boy to the valley and had him yell, “I love you.” The echo came back, “I love you.”

**What do people see in you?**

**Why?**

# **Week 21 – Friendliness**

## **Day 4**

### **How To Be Friendly**

Here are ways to improve your friendliness:

- ✓ Practice good listening skills
- ✓ Avoid being snobbish. Do not ignore people.
- ✓ Control your temper and practice the quality of patience.
- ✓ Cultivate your habit of smiling. People who smile are considered to be friendly.
- ✓ Learn to initiate conversation. Always greet people in a positive manner. Be open to listen.
- ✓ Learn to manage stress in a positive manner.

**Which of these suggestions will you try first to improve your friendliness? Why?**

**Smiling at someone almost always gets a smile back. Greeting people positively almost always gets a positive greeting back. Why is it important to initiate the first smile or the first greeting?**

# Week 21 - Friendliness

## Day 5

### Evaluate Your Week

We've been focused on "Friendliness" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

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If you completed goals, what did you learn?

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Write down in complete sentences, something that you learned about "Friendliness" this week.

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Of the three stories, "New Students", "The Echo", "How to be Friendly", which had the greatest impact on you? Why?

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### Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M\_\_\_\_\_ T\_\_\_\_\_ W\_\_\_\_\_ Th\_\_\_\_\_ F\_\_\_\_\_ Sa\_\_\_\_\_ Su\_\_\_\_\_