

School-to-Home Connection Newsletter

Calling All Parents/Guardians!

“Hands up. Bar down.”

As adults, we anticipate the ups and downs of life that can sometimes feel like a roller coaster. Through experience, we know that personal relationships go through transitions and phases.

This week, your child is exploring the competency **Cooperation** and, more specifically, how to manage the ups and downs of friendship. As students enter into middle school, they may see their interests and friendships change. It’s natural for students to form new connections and see other connections fade as they explore different facets of their identity.

Throughout this School-to-Home Connection activity package, your child will explore the ups and downs of friendship and recognize that they are a normal part of the transitions and phases of a relationship.

Here are some ways that you can further explore this important skill with your child.

- **Dinner Discussion:** Ups and Downs of Friendship
- **Nighttime Reflections:** Friendship Transitions
- **Art Activity:** Friendship Vision Board
- **Community Connection:** Wise Beyond the Years, Reach Out, Share a Story, or Backyard Improv
- **SEL Saturday:** Game Boxes

As you talk to your child about the peaks and valleys of friendship, use examples of personal experiences they can connect with. Middle school is a time of transition, and friendships may reflect that. Your child will be encouraged by the fact that everyone experiences these ups and downs. Hands and feet in the car, and enjoy the ride!

Sincerely,

The Fly Five Team



School-to-Home Connection: Activity Sheet

Grade 6

COOPERATION



- **Theme:** Able to Make and Keep Friends
- **Objective:** The student learns to identify the ups and downs that come with maintaining a friendship.

DINNER DISCUSSION - *Ups and Downs of Friendship*



Guided Questions:

- What are some positives that typical friendships have?
- What are some negative things that typical friendships go through?
- 5 years from now, what will you remember about your current friendships?
- Think of one of your friendships. What is it that makes you friends?

TIPS...

1. Encourage your child to verbalize their likes and dislikes pertaining to current friendships.
2. Encourage your child to seek out and continue positive relationships.
3. Suspend judgment as children talk about their experiences with their friends. Children are more apt to speak their mind when they feel free from judgment.

NIGHTTIME REFLECTIONS - *Friendship Transitions*



Journal Prompts:

- Write about a time when you were extremely excited about a new friendship. What was so exciting about this person?
- Write about a time when you felt a 'low' in a friendship (for example, felt excluded, betrayed, etc.). How did you cope with this feeling?
- Reflect on your friendships with each of the people in the first and second questions. Are you still friends with them? What do those friendships look like now?



Conversation Starters/Prompts:

- Share with your child about a time when you went through a negative experience in a friendship and how that made you feel.
- Share with your child what you did to overcome the situation above.
- Share with your child the positive traits that your best friend possesses. Ask your child to compare and/or contrast their own best friend's positive traits.

Reflect and Sketch:

- Draw a picture to represent your feelings when a friend betrayed you.
- Free draw about the word friendship for 5 minutes.
- Choose a Journal Prompt listed above and draw the experience.

ART ACTIVITY - *Friendship Vision Board*



Prep & Materials:

- Magazines
- Scissors
- Glue
- Cardboard/Cardstock

Create a friendship vision board. Ask your child:

1. In 5 years, what do you envision your friendships to be like?
2. What kind of things will you be doing with your friends?
3. What images could represent the way you relate to one another?

Set out a piece of cardboard or cardstock as a backing for the vision board. Encourage your child to find images that align with their vision of friendships. Guide your child to cut out images, phrases, and words and to arrange them on the cardboard or cardstock. Once your child is ready, guide them to glue the cutouts onto the cardboard or cardstock.

Encourage your child to present their vision board to someone in your family and verbalize the thinking that they used to create it. Close by asking your child to reflect on their current friendships and whether they fit into the vision that they have.



COMMUNITY CONNECTION - *Wise Beyond the Years, Reach Out, Share a Story, or Backyard Improv*



A list of activities:

- 1** Backyard Improv: Using the common friendship scenarios below, create short plays with your child and take turns role-playing the conversation. After role-playing the scenarios, discuss which were easier and which were harder to resolve.
 - Your friend has a new friend, and you are feeling jealous.
 - Your friend has just said something to hurt your feelings.
 - Your best friend has not liked an important post of yours on social media.
 - Your best friend has posted something negative about you on social media.
 - You are really excited to meet up with your new friend, but they haven't texted or called you back.
- 2** Reach Out: Encourage your child to reflect on what they know about the ups and downs of friendship by sharing this information with a younger family member or neighbor.
- 3** Share a Story: Encourage your child to volunteer at the local library to read a story to younger children about the ups and downs of friendship. A suggested title is *Theo's New Friend* by Kyle Logan.
- 4** Wise Beyond the Years: Encourage your child to volunteer at a local nursing home and to strike up conversations with residents concerning the friendships they have had throughout their lives.

SEL SATURDAY - *Game Boxes*



Volunteer with your child to donate cooperative games to patients at a local hospital or rehabilitation center. Ensure that you follow their guidelines for donating materials.

Decorate shoe boxes and fill them with puzzles, games, playing cards, and a card encouraging the recipient to play the games with another patient, family member, or visitor. Take the boxes to a local children's hospital or rehabilitation center and distribute the shoeboxes to the children there.

Talk to your child about the cooperation involved in volunteering in the community and the importance of sharing knowledge and resources to benefit the community.