

# FRIENDSHIP ADVENTURES

Paige just won a game of checkers with her brother. She shouts: "I finally beat you, LOSER!"  
Is Paige showing good sportsmanship?

George's group lost the math ch...  
...ows his pencil and ...!

Constructing a  
Conversation

SPINNER

TOP SECRET

Who are some  
people you have  
conversations  
with each day?

**friendship  
+ social skills  
group curriculum**





# notes to the counselor

- Designed to help 1<sup>st</sup>-3<sup>rd</sup> grade students who struggle with making friends, keeping friends, and developing positive connections with peers.
- Sessions have specific objectives that can help students who struggle with friendships due to shyness/lack of confidence and/or due to lagging prosocial skills.
- Unique adventure themes boost engagement and sense of fun - students collect badges after they complete each adventure!
- Ready-to-go group that is also flexible. You can: pick and choose which sessions to do, re-order them, extend into two sessions, etc

# group outline:

1. Welcome/Intro
  2. Connection and Commonalities
  3. Joining Others/Asking to Play
  4. Tone of Voice
  5. Empathy
  6. Sportsmanship
  7. Funny or Not Funny
  8. Kind Words
  9. Conversation Skills
  10. Problem Solving (ignoring vs. asking for help)
  11. More Problem Solving (I-messages and apologies)
  12. Self Confidence
  13. Closing – Escape Room
- \*\*\* Bonus Sticky Situations Session



# **each session includes:**

- **check-in**
- **adventure-themed short story**
- **hands-on or movement-based practice activity**
- **optional coloring sheet**
- **badge**
- **teacher/caregiver reinforcement note**



# GROUP RULES

Follow  
rec

WORRIED



HAPPY



ANGRY



FRIENDSHIP  
ADVENTURER



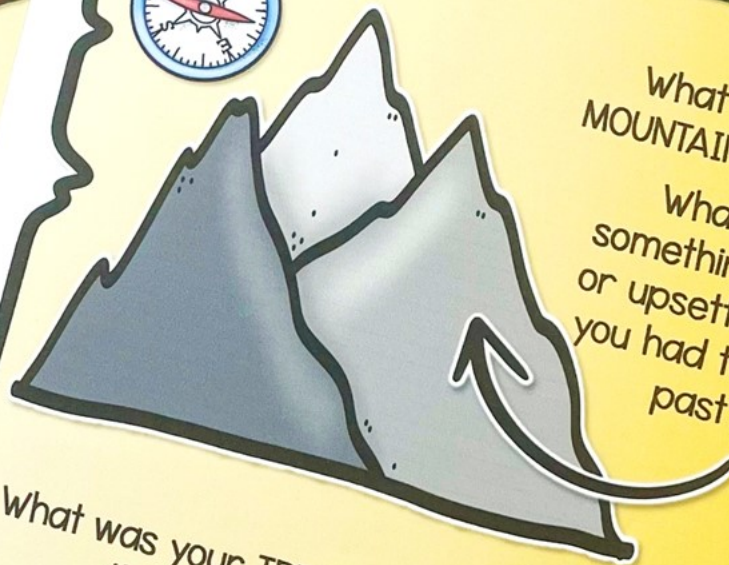
ADVENTURE

How are you?



EXCITED

## ADVENTURE CHECK-IN



What was your MOUNTAIN this week?

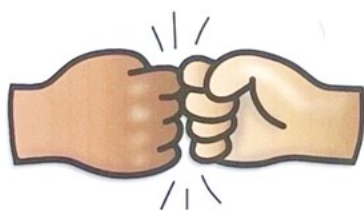
What was something tough or upsetting that you had to climb past?

What was your TREASURE this week?

What was something good that happened this week, or a time you felt happy or excited?



## SECOND HAND STORY MENU



# session 1: welcome + intro



# STIGATE THE GROUP



Something I like to do is...



Something I don't like to do is...



One family member I have is... (and tell 1 thing about them)



If I had a magic wand, I would...



One of my favorite...



**DANNIE THE DETECTIVE:**  
Investigating Connections

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## I AM A CONNECTION DETECTIVE!



I can find the ways that I am connected to other people.



### Connection Detectives STORY SPINNER



What did Annie and Daniella have in common?

What differences did some of them have? Would they still have fun playing together?

What is something you think is important to have in your life?

# session 2: connection + commonalities



# SECRET DECODER

JOINING  
OTHERS SPY

TOP SECRET

## SECRET MESSAGE

Super Spies  
Join in and Play

## STORY SPINNER



What did Sakia  
find if a group  
of good lay

What did Sakia  
find when  
found to

SAKIA THE  
SPY:  
Learning to  
Join Others



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At indoor recess you spot a  
bunch of kids playing with  
blocks. They are taking  
turns and smiling.

Should you approach and  
ask to play?

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OTHERS!

I can find

session 3: joining others/  
asking to play





**session 4: tone of voice**



# Caring Campers Show Empathy STORY SPINNER



you to

## EMPATHETIC EDWARD: Using S'mores To Show Caring



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I can think about other peoples' feelings and show I care!

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# EMPATHY PROMPTS



- Janelle has her first ever dance recital this weekend
- James just called his teacher "mom" in front of the whole class
- Gwen's pet dog is sick
- Cody's family is going to a waterpark after school today
- Your teacher has a headache
- ...little brother is ...

she made out of




HOW DO THEY FEEL?



# RED

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# session 5: empathy



Perspective-Taking  
Astronauts

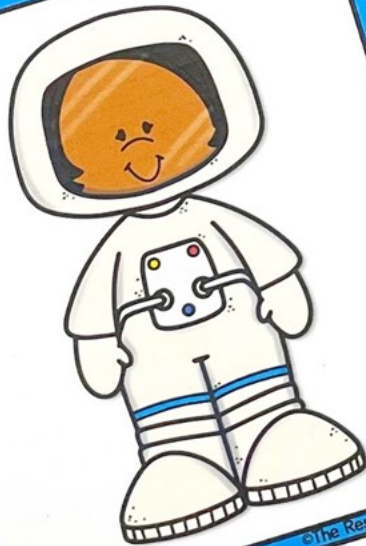
## STORY SPINNER



What's one way you  
can handle it when  
things don't go your  
way in a game?

What is one of the  
ways that Alexa  
showed bad  
sportsmanship?

**ALEXA THE  
ASTRONAUT:**  
Learns to be  
a Good Sport



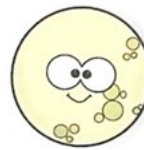
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## SHOWING GOOD SPORTSMANSHIP TO PUT IT ON TIT



Zainab doesn't get to go first in a board game with her family. She starts to cry.

**Is Zainab showing good sportsmanship?**



Nika wins a game of Connect 4 with a classmate. She tells her classmate "Good game!"

**Is Nika showing good sportsmanship?**

the "clean  
game, so  
ers



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# session 6: sportsmanship



# Funny or Not Funny Forecasters STORY SPINNER



- Choose jokes that don't hurt feelings
- Only say the joke once to the same people
- Turn the silly off when needed



MALCOLM THE  
METEROLOGIST:  
Predicting  
What's Funny



FUNNY?  
or  
NOT

Jake held his pencils behind like antennae and said "I'm an alien!" in math, at lunch, and on the bus.

During indoor recess, Jose tells the joke: "What do you call a bear with no teeth? A gummy bear!"

NOT

FUNNY!

## session 7: funny vs. not funny







# Constructing a STORY SPINNER



How did you say  
building a b  
wall was like  
ilding a  
ation?

Why are some  
people you h  
conversat  
with each

## CORA AND CARLTON: Constructing Conversations



CONVERSATION BUILDERS

If I was principal for the day, I would...



A place I would like to visit is...

My dream

What is a food you really do like to eat?

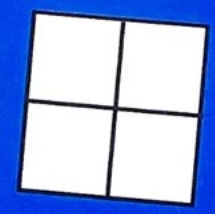
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6

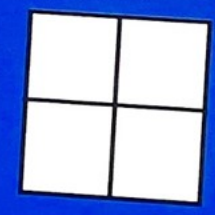
I really like to eat...

4

3



I think...



I agree/disagree I don't like to eat...

1

What is one food you really don't like?

2

I really don't like to eat...

# session 9: conversation skills



# Problem Solving Pirates STORY SPINNER



Name of the small  
problems crew  
told Captain Chris  
about.

What is an exar  
of something  
might be  
prob

**CAPTAIN  
CHRIS:**  
Teaches His  
Crew About Size  
of the Problem



Someone  
says you  
can't be on  
their team.



**Big or  
Small?**

PROBLEM  
SOLVING  
PIRATE

CHANCE

**session 10:**  
**conflict/problem solving**  
**(ignoring vs. asking for help)**



# Problem Solving Pirates Part 2 STORY SPINNER



Name one way that  
you can solve a small  
problem in yourself.

How did  
Kaia talk  
to a

...ing is just pretending you  
... face should

**CAPTAIN  
CHRIS:**  
Teaches His  
Crew How to  
Solve Problems



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**ATE!**

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**session 11:**  
**conflict/problem solving**  
**(I-messages + apologies)**



# Kings and Queens of Confidence

## STORY SPINNER



How could you tell  
Cameron and Katie  
didn't have self  
confidence?

What did Mr.  
ab...y tell...

Name: \_\_\_\_\_

## KING CAMERON AND QUEEN KATIE: Learn Self Confidence



## ROYAL BALL: Self-Confident or Not?



- I always mess up.
- It's ok, everyone makes mistakes.
- I'm an awesome kid!
- No one likes me.
- Everyone understands this except me.
- This is too hard for me.



ing that makes me happy

I learned how to:



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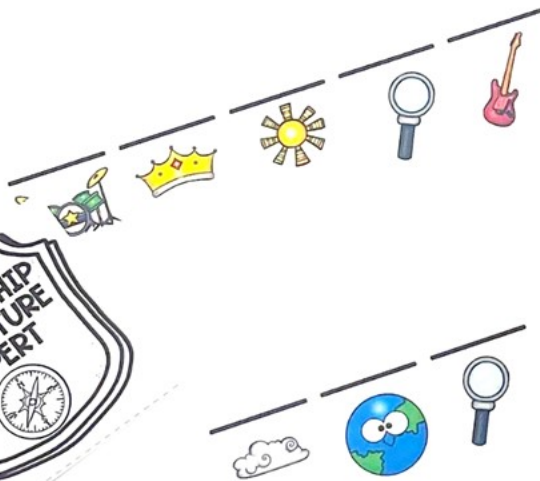
# session 12: self-confidence



You have successfully completed our

# FRIENDSHIP ADVENTURES GROUP!

CLUE #1:



One thing I wish we would have talked about more is...



What is 1 way you think this group helped you?



What was your favorite thing we did together in group?



CLUE #2



Friendship-Making Choices

Friendship-Making Choices



# session 13: closing





**bonus: sticky situations  
(additional materials for covering  
other friendship skills as needed)**



## Book Companion Recs

These activities were created without the need for any stories, but the following picture books would make for great companions if you have longer group sessions (45-60 minutes) or are breaking some sessions into two weeks. Click on the underlined titles to find them on Amazon.

### Joining Others

- Big Friends by Linda Sarah
- Let's Play!

## POSITIVE CHOICE COINS



If we earn



- teacher and student pre/post surveys
- caregiver welcome note
- student reminder note
- book companion suggestions

6 I know  
I have v

7 I feel good

8

How do you  
think this  
group might  
be able to  
help you with  
friendships?



See  
you  
soon!

Part of the school's curriculum includes small groups, for \_\_\_\_\_ and keep friends. This group is to help students make \_\_\_\_\_ sessions. We will begin meeting soon, usually weekly, for \_\_\_\_\_ sessions. Together we will read stories, play games, and practice lots of important friendship skills. I'm looking forward to working with your child!

Feel free to call or email me (or your child's teacher) with any questions, comments, or concerns.





# written plans

Each session includes a complete written plan including objectives, materials, and thorough outline (with scripting when applicable).

Friendship Adventure		Session #1: Welcome
Objective(s):	ASCA Mindsets/Behaviors:	Materials:
Students will begin building rapport with one another and counselor and establish expectations.	Self-confidence in ability to succeed. Create positive and supportive relationships	Group rules, check-in(s), secret handshake menu
<b>Outline:</b>		
Activity(ies)	<b>Opener</b> Welcome students. <i>"Hello! I am so excited to have all of you join me on this adventure! We are going to meet one time every week for twelve times. This group is called 'Friendship Adventure.' We will talk, play games, and have fun while we talk how to make and keep friends. This group is a fun way for me to help you feel better and do better in and out of school."</i>	
	<b>Activity(ies)</b> <p><i>"Each week is like a different kind of adventure. For everyone to have a great time together each week, we need to follow a guide to how we will treat each other in group."</i></p> <p>If you are short on time, you can show students the expectations poster and discuss each expectation. If time and space allow, you can use the puzzle piece version of the expectations. You can "hide" the pieces around the room for group members to find. You may choose to place the pieces by different parts of your room to introduce them: Kleenex box, hand sanitizer, water fountain, etc. and discuss expectations around those objects as well. Then, have the group assemble the expectations together. You can simply discuss each expectation as a group, or discuss and practice at a deeper level.</p> <p>You may also want to create hand signals for each of the rules. This would allow you to give the silent signal to students throughout the group as a gentle reminder. Ex. Cupping your ear for "Only one person talks at a time" and gentling tapping the table for "Stay in the group." Depending on the developmental level of the students, they might enjoy helping to come up with the gestures!</p> <p>If needed, introduce your group to the "Positive Choice Jar" where you give coins when the group shows expectations and they can earn a reward at the end (*more details by choice jar printable).</p>	
Closer	<i>"I am so excited to have you in this group together with me, and I can't wait to see you again next week! Please take your adventure notes to show your teacher and your families. I can't wait to see you next week!"</i>	



## ADVENTURE CHECK-IN



What was your  
MOUNTAIN this week?

What was  
something tough  
or upsetting that  
you had to climb

**EMPATHETIC  
EDWARD:**  
Using  
S'mores To  
Show Caring



## GOOD SPORTSMANSHIP



Zainab doesn't get to go first in a board game with her family. She starts to cry.

Is Zainab showing good sportsmanship?



Nika wins a game of Connect 4 with a classmate. She tells her classmate "Good game!"

Is Nika showing good sportsmanship?



Emmett wanted to win the "clean up your desk the fastest" game, so he cheated by putting his papers in his desk.

Is Emmett showing good sportsmanship?



One of Miles's teammates missed the ball in PE and his team lost. Miles tells them "It's ok. It could happen to anyone."

Is Miles showing good sportsmanship?

## STICKY SITUATION



Your friend  
doesn't want  
to play with  
you today.

No biggie! Use  
your skills to  
find someone  
else to play  
with!



Sit by yourself  
and pout until  
someone  
comes to ask  
you what's  
wrong.



Tell the recess  
teacher that  
your friend is  
leaving you  
out.



all pages also included in  
black & white



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!

Let's  
Connect:

