

# Unit 8 My Friends

## Bill of Rights

Be able to learn new things, make friends, have activities to do, and go out in your community



Be able to have men and women as friends

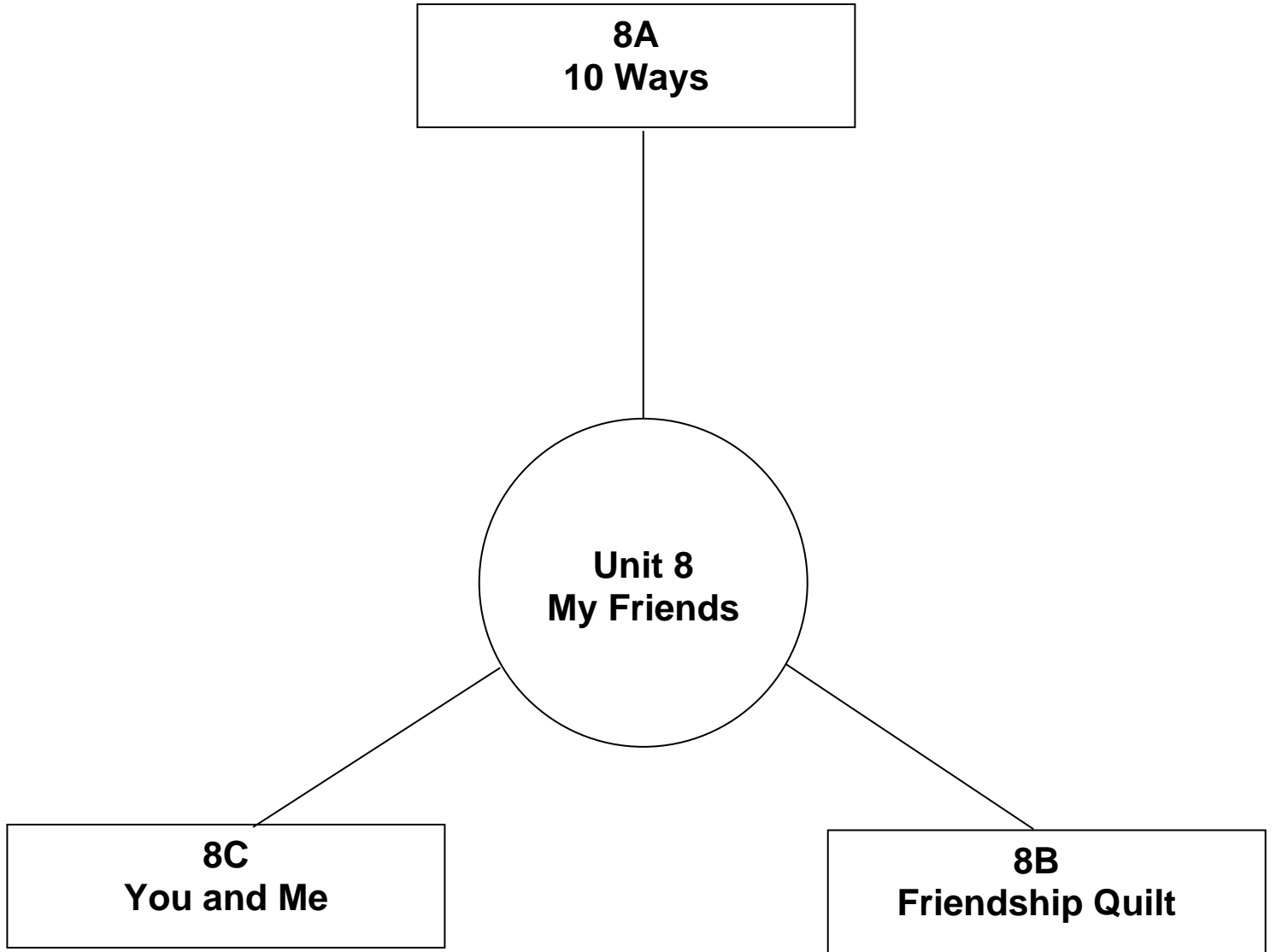


## Tips

Go out to eat with a friend.

Make a new friend today.

# Activity Web



# Unit 8 - My Friends

## Activity 8A: 10 Ways

### Self Determination Skill:

- ✓ Goal setting - individual sets goal to practice one of the ten ways to make a friend
- ✓ Choice making - individual chooses paper strip
- ✓ Problem solving - individual decides how to make a friend

### Materials:

- Handout on 10 Ways to Make a Friend
- Box or basket
- Poster board
- Glue
- Voice output device recorded with messages

### Describe activity:

- Staff or individuals cut strips out on 10 Ways to a Make a Friend.
- Staff or individuals fold strip in half and place in box.
- Each individual takes a folded paper from the box and passes the box to the next person.
- Individuals share the messages on the folded papers.
- After all 10 paper strips have been shared, individuals sequence the numbers from 1 to 10.
- Glue strips on poster board.

### Helpful Hints:

- Use voice output device to record the 10 ways to make a friend.
- Present 2 folded papers for an individual to choose from rather than removing from box.

- Use adapted electric scissors to cut apart the strips.
- Use a number line to help sequence the numbers.
- Pair individuals for greater participation (i.e. one individual chooses the paper strip; another individual reads the message).

### **Variations:**

1. Talk about what makes a good friend.
2. Give examples of what makes a good friend.
3. Instead of removing folded paper strips from box, allow individuals to call out a number to receive strip (i.e. "I want number 7.")
4. Highlight weekly or monthly each of the 10 ways to make a friend. Recognize individuals who demonstrate the trait.
5. Make a mobile out of the paper strips.

1. Greet the person.



2. Look at the person  
when you talk to them.



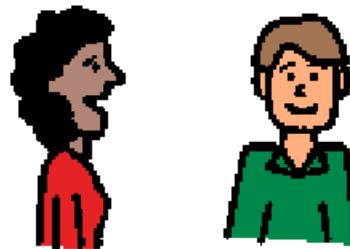
3. Ask the person  
questions.



4. Share your things.



5. Talk about things  
the person likes.



6. Do nice things.



7. Do things together.



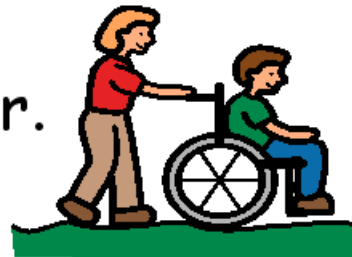
8. Be a good listener.

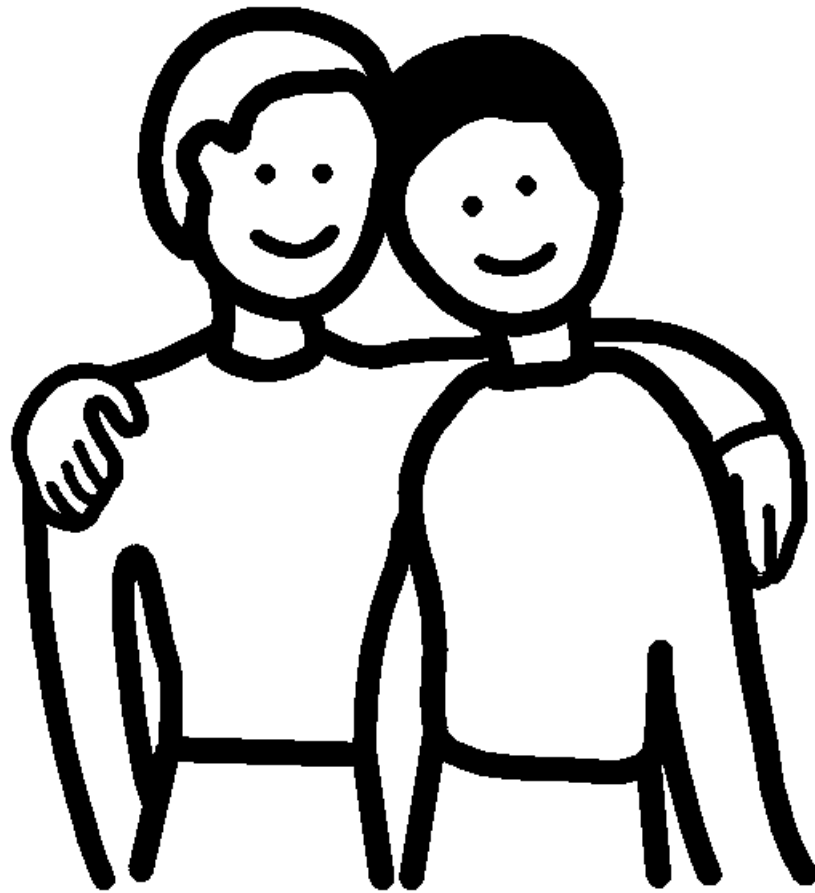


9. Laugh together.



10. Be a good helper.





## 10 Ways to Make a Friend

## Unit 8 - My Friends

### Activity 8B: Friendship Quilt

#### Self Determination Skill:

- ✓ Choice making - individual chooses materials to create design
- ✓ Goal setting - individuals plan to create a large quilt from individual pieces

#### Materials:

- 6"x6" paper squares - wallpaper samples or scrapbook paper
- markers
- glue
- poster board
- Other tactile materials (buttons, ric rac, yarn)
- Voice output device with recorded messages

#### Describe activity:

- Each individual chooses a 6" square paper and marker.
- Individual designs a square with his/her first name.
- Mount squares on poster board.

#### Helpful Hints:

- Use voice output device with recorded messages to request needed materials and make comments such as "That looks pretty", "I need help".
- Individuals with visual impairment can use tactile materials to create their design.
- Names can be stamped, traced, letters glued on or initials only.

- Paper squares can be hole punched and put together with yarn, ribbon.
- Strips of solid colored paper can be used to frame the individual squares.

**Variations:**

1. Use 12" squares and pair individuals to create a design together.

## Unit 8 - My Friends

### Activity 8C: "You and Me"

#### Self Determination Skill:

- ✓ Choice making - individual chooses how to greet peer
- ✓ Self-advocacy - individual learns to approach other people and greet

#### Materials:

- Set of visual response cards
- Two large squares to mark position of players
- Voice output device with recorded messages
- Music (optional)

#### Describe activity:

- One square is placed on the floor. One individual stands on the square.
- The remaining individuals make a circle around the individual.
- The second square is placed anywhere in the outer circle. An individual stands on this second square.
- The individual in the center of the circle greets the individual standing on the outer square (i.e. "Hi. My name is \_\_\_\_\_" or "Good morning. I'm \_\_\_\_").
- After the greeting, the individual in the outer circle goes to the center of the circle and stands on the square and the individual in the center stands in the outer circle.
- The signal is given for the individuals in the outer circle to move clockwise. A second signal is given to stop.
- The individual in the center of the circle greets the individual standing on the outer square.

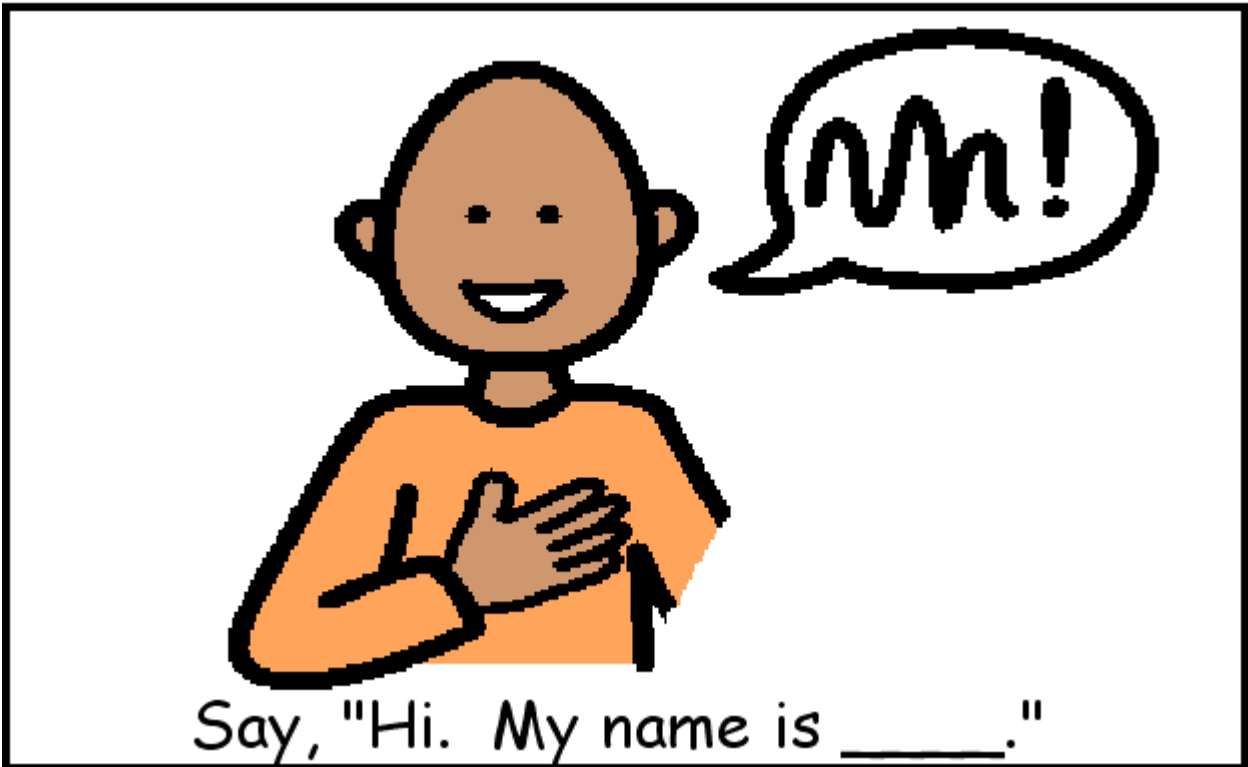
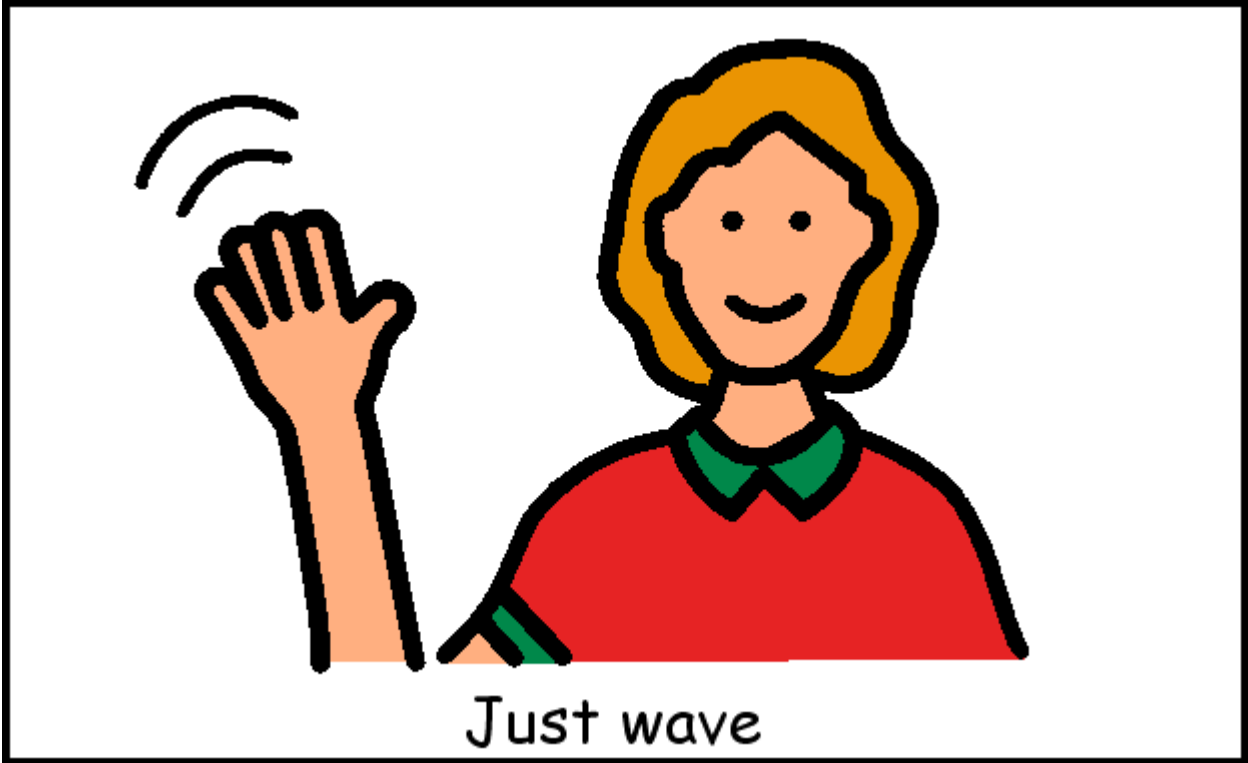
- After the greeting the individual in the outer circle takes his/her place in the center of the circle.
- The game continues until everyone has had a chance to go into the center of the circle and greet a peer.

### **Helpful Hints:**

- Use voice output messages to make a greeting or to signal the starting or stopping of circle movement.
- Use visual response cards to assist individuals in greeting.
- Use music to start and stop circle movement.

### **Variations:**

1. Individuals make 2 circles - a smaller circle inside a larger circle. At the start circles move in opposite directions. At signal to stop movement individuals across from each other greet and shake hands.
2. Individuals can take turns signaling when to start and stop circle movement.
3. Create a chart showing the different ways to greet (i.e. hand shake, a wave, high five, slang greetings, formal greetings).





Shake hands



Make eye contact and smile