

# Friendship Chains

This unit is about inclusiveness, which involves talking with students about friendship. This project will give students an opportunity to synthesize their learning on friendship and apply the principles of what makes a good friend to their classmates. The objective is to build unity among students and encourage inclusiveness among everyone as each person will have a place on the friendship chain.

**Inclusiveness Sub-Concept(s)**

Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- Friendship video:  
<https://www.youtube.com/watch?v=ReMq3KX8F94>
- Construction paper strips/markers/tape or stapler—for making friendship chain

**Project Preparation:**

First, have students watch the video “What Makes a Good Friend?”:

<https://www.youtube.com/watch?v=ReMq3KX8F94>.

Have students discuss which qualities make a good friend. What are some other qualities that you think make a good friend? Brainstorm their ideas up on the board. If students are having trouble thinking of qualities or are simply answering with one word answers, like “nice,” prompt them to go deeper by asking, “What does that look like?” or, “How do people show that?”

**Instructions:**

- Next, pass out, to each student, a medium/large strip of construction paper that can be easily made into a paper chain.
- On the strip of paper, have students write their name.
- Next, have students pass their strip going right, left, front, or back, whatever works for your seating arrangement. When students get a name, they write down one friendship quality that they see in that particular person.
- When they are done, they pass the strip on again in the same direction. This continues until the strips have been around the whole room and end up back at the original student.
- Students read all the great friendship qualities that others wrote about them.

**Wrap Up:**

As a class, have everyone weave their strips through each other and staple or tape the ends of the strips to make one long friendship chain. Display the friendship chain in a prominent place in the classroom.

**Closing Dialogue (optional)**

*Today we had the chance to look at a lot of qualities good friends have. These are all ways of showing kindness and inclusiveness to others. We showed great kindness by telling each other how much we appreciate their friendly qualities. We showed inclusiveness by linking all of our names together to show that we each have unique qualities that make us good friends to one another.*



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>