



Friendliness: Getting Started

Inspiring Words

O ye loving mothers, know ye that in God's sight, the best of all ways to worship Him is to educate the children and train them in all the perfections of humankind; and no nobler deed than this can be imagined.

(Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 138)

Printables

Page 1: Spiritual Treasure Box Projects
Page 2: Devotional
Page 3: Booklet
Page 4: Radiant Hearts Book Template
Page 5: Monthly Letter Template
Page 6: Daily Activity #15

See the "Printable" document for these pages.

Questions to Consider

How do I currently model Friendliness?

What are ways I would like to model Friendliness better?

How does my child currently exhibit Friendliness?

What aspects of showing Friendliness can I help my child work on?



Friendliness: Foundation

Prayer

O Lord! I am a child; enable me to grow beneath the shadow of Thy loving-kindness. I am a tender plant; cause me to be nurtured through the outpourings of the clouds of Thy bounty. I am a sapling of the garden of love; make me into a fruitful tree. Thou art the Mighty and the Powerful, and Thou art the All-Loving, the All-Knowing, the All-Seeing.

(Abdu'l-Baha, Baha'i Prayers, p. 31)

Friendliness

Quotation

Deal ye one with another with the utmost love and harmony, with friendliness and fellowship.

(Baha'u'llah, Epistle to the Son of the Wolf, p. 14)

Friendliness

Introduction to the Virtue

Friendliness is thinking about other people and being a friend to them. When we are friendly we use our manners to show we care for others. We share our things and our time with the people around us no matter who they are. We can show friendliness by smiling, being gentle, and using kind words. Friendliness is caring and helping without being asked.

How do you show Friendliness when you meet someone new?

Can you think of a time when someone showed Friendliness to you?

How do you feel when someone shows Friendliness to you?

Friendliness

Songs

Friendliness (Virtues In Us #35)

When I need a new friend I say hello
When I need a new friend I say hello
When I need a new friend I can give
her hand a shake
When I need a new friend I say hello

Friendliness

Love Your Friends

(tune of "Row, row, row your boat")

Love, love, love your friends
Love them everyday
Show them that you care for them
By sharing when you play

Friendliness

Friendliness: Daily Activities

Activities for Every Month

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box project (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

Games and Role Plays

7. "Today we're going to create a fort for snacktime so we can practice friendliness." Create a play fort with blankets over chairs or couch cushions, and invite each other over for snacktime. Practice greeting each other at the "door." Invite the person in, offer them something to eat (a non-messy food like pretzels or grapes), and practice using magic words like please, thank you, excuse me. Friendliness
8. "Today we're going to learn the way we can be friendly to every single person we see." Practice smiling in the mirror. Talk about how smiling is a universal language (even when you can't talk, you can smile). Friendliness
9. "Today we're going to learn about using friendly voices even when we are upset about something." Practice friendly tones saying things like, "I don't like that" or "I was playing with that" or "That hurt me." Talk about how telling someone in a nice way works better than shouting or screaming. Friendliness
10. "Today we're going to think about how we can be friendly if we see someone is hurt." Create a small playground with blocks and have figures (animals or people) play. If someone gets hurt, ask them if they are okay and if they need help. Friendliness
11. "Today we're going to practice being friendly when we have a guest over." Tell your child there is someone at the door. Have a doll or stuffed animal there, and invite them in for a playdate. Practice sharing toys, showing hospitality, and saying goodbye in a friendly way. Friendliness
12. "Today we're going to learn about being friendly by meeting a new person." Role play meeting a new friend using a puppet (hand, finger, or stick). Practice introducing yourself and asking someone else questions to get to know them. Friendliness
13. "Today we're going to go on a friendship walk." Go on a walk or visit a park, and make an effort to smile and/or wave at everyone you see. Friendliness

Friendliness: Daily Activities (continued)

Creative Arts

<p>14. "Today we're going to create a Garden of Friends." Cut out flower shapes from colored paper or make flowers with tissue paper and pipe cleaners (you can put them in a jar). Print out small pictures of friends (or draw them), cut them out, and attach them to the flowers. Discuss how our friends may look very different, just like flowers in a garden, and this makes our Garden of Friends even more beautiful.</p>	Friendliness
<p>15. "Today we're going to make a friendship collage with friends of all ages." Make a collage by cutting out and gluing the pictures from the last page in the Printables, and talk to your child about being friendly to everyone, whether young or old. Explain how all people have friends regardless of what age they are, and give examples of various friends using people your child knows. Talk about courteous phrases your child can use with older friends, such as calling them Mr. or Mrs. and offering their seat if there are limited chairs. Write at the top of the collage, "Being a friend."</p>	Friendliness
<p>16. "Today we're going to make friendly fingers." Trace your child's hand on paper and draw smiley faces on each finger. Or draw smiles right on your child's fingers. Have the friendly fingers speak to each other or your child practicing friendly phrases and friendly voices.</p>	Friendliness
<p>17. "Today we're going to make a Friendly Face mask." Cut a circle out of cardboard and cover it with paper. Cut eye holes, draw on eyes, or paste on googly eyes. Add a happy mouth. Add yarn, ribbon, or colored paper for hair. Attach a stick so it can be held in front of someone's face. This activity reminds us that having a friendly face goes a long way in showing Friendliness. People enjoy interacting with friendly people.</p>	Friendliness
<p>18. "Today we're going to make a Friendly Feast." Cover crackers with peanut butter or cream cheese and add raisins and nuts to make smiley faces. Share your snack together while you practice using friendly voices. One way to be friendly is to be generous.</p>	Friendliness
<p>19. "Today we're going to make up a fingerplay to our quotation of the month." Watch the video on the Online Lesson to get an idea of the type of fingerplay you can create with your child.</p>	Friendliness

Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:

<http://www.enablemetogrow.com/friendliness/>