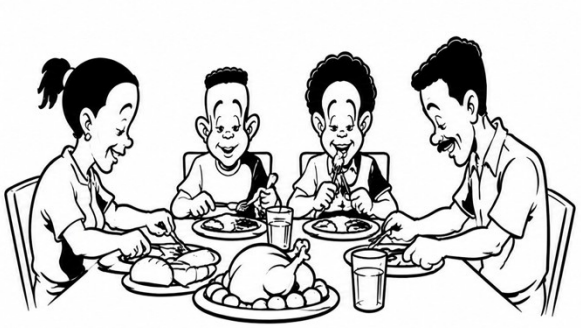
Lesson 16: Love & Friendship

Dr. Maslow, the psychologist, tells us that love and friendship are two of the most important basic needs. When we are in a loving environment, it is easy to be caring and to show respect.



Even in a loving environment however, there are times when we get frustrated and angry. Conflicts occur with the people we like and love. Sometimes we hurt their feelings and they hurt ours. Learning to deal with our feelings in ways that do not hurt others is a challenge that we all face.

	Tell how you show love or respect to:	How do they show love or respect to you?
parents		
friends		
brother/sister		
classmates		
teachers		

Complete the following statements:

To be a friend means

_____

_____

Sometimes my friend and I argue because _____

_____

Some ways that I can "make up" after an argument with my friend are _____

_____

Some ways that I can help a friend or family member feel better when they feel sad, angry, or frustrated are _____

When we are in a new situation -a new class, school or neighbourhood - we may experience feelings of anxiety and insecurity. These feelings usually disappear when others care enough to make us feel wanted.

YOUR CHALLENGES!

1. What qualities do you look for in a friend? Illustrate them by writing a story, a poem, or drawing a picture.
2. Role-play ways to show friendship to:
    a) a new student;
    b) someone who is handicapped.

What are some things a new student can do to make friends?

As a peacemaker I learned

_____

_____