

October: WEEK ONE



# FRIENDSHIP

## THE AGENDA:

*Discuss: Friendship. What are the qualities of a good friend? Why do we need friends?*

- ◇ Quotations on Friendship
- ◇ 10 Ways to Make a Friend
- ◇ “My Best Friend and I” Worksheet



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- ◇ Put your measurement skills to the “taste” making and baking Chocolate Chip Cookies!



## Some Famous Quotations About Friendship. Do You Agree or Disagree With the Authors?

*"Friends are born, not made."*

Henry Adams

*"A real friend is one who walks in when the rest of the world walks out."*

Walter Winchell

*"Friendship is a single soul dwelling in two bodies."*

Aristotle

*"It is one of the blessings of old friends that you can afford to be stupid with them."*

Ralph Waldo Emerson

*"The only way to have a friend is to be one."*

Ralph Waldo Emerson

*"Real friendship is shown in times of trouble; prosperity is full of friends."*

Euripedes

*"Your friend is the man who knows all about you, and still likes you."*

Elbert Hubbard

*"However rare true love may be, it is less so than true friendship."*

François Duc de La Rochefoucauld

*"Hold a true friend with both your hands."*

Nigerian Proverb

*"Only your real friends tell you when your face is dirty."*

Sicilian Proverb

*"A best friend is a sister that destiny forgot to give you."*

Unknown

*"It takes years to build up trust, and just seconds to destroy it."*

Unknown

*"Friends are the bacon bits in the salad bowl of life."*

Unknown

*"The death of a friend is equivalent to the loss of a limb."*

German Proverb

*"Where there are friends, there is wealth."*

Titus Maccius Plautus

*"Love is blind; friendship closes its eyes."*

Unknown

## **10 WAYS TO MAKE A FRIEND**

Brainstorm together to come up with ten ways to get to know someone you are interested in being friends with.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## MY BEST FRIEND AND I

Check off the traits that BEST describe you and the traits that BEST describe your best friend. What characteristics do you have in common? How are you different? How do these similarities and differences affect your friendship?

| <u>ME</u> | <u>TRAIT:</u>   | <u>MY FRIEND</u> |
|-----------|-----------------|------------------|
| _____     | OUTGOING        | _____            |
| _____     | SHY             | _____            |
| _____     | TRUSTWORTHY     | _____            |
| _____     | AGGRESSIVE      | _____            |
| _____     | HELPFUL         | _____            |
| _____     | INDEPENDENT     | _____            |
| _____     | THOUGHTFUL      | _____            |
| _____     | GENEROUS        | _____            |
| _____     | EASY TO TALK TO | _____            |
| _____     | DISORGANIZED    | _____            |
| _____     | STUDIOUS        | _____            |
| _____     | CREATIVE        | _____            |
| _____     | SELF-CENTRED    | _____            |
| _____     | MODEST          | _____            |
| _____     | TALKATIVE       | _____            |
| _____     | GOOD LISTENER   | _____            |
| _____     | POLITE          | _____            |
| _____     | DETERMINED      | _____            |
| _____     | HONEST          | _____            |
| _____     | QUIET           | _____            |
| _____     | TIDY            | _____            |
| _____     | CALM            | _____            |
| _____     | ENERGETIC       | _____            |
| _____     | KIND            | _____            |

## Chocolate Chip Cookie Recipe

**\*\* Remember—Mentors need to bring their OWN ingredients to the school whenever you bake or make a recipe!\***

### Ingredients

- 3/4 cup sugar
- 3/4 cup packed brown sugar
- 1 cup butter
- 1 large egg
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups semisweet chocolate chips

### Directions

**Preheat oven to 375 degrees.**

**Mix sugar, brown sugar, butter and egg in a large bowl by hand. Stir in flour, baking soda, and salt. The dough will be very stiff. Stir in chocolate chips.**

**Drop dough by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheet.**

**Bake 8 to 10 minutes or until light brown. The centers will be soft. Let cool for one minute then remove from cookie sheet and place on wire rack to finish cooling.**

### TIPS FOR BAKING TASTY COOKIES:

**Plan Ahead** – Check the week before with the principal or Home Economics Teacher to make sure you will be able to use the kitchen. Remember that you will need to bring your own ingredients. Make sure to check your Little Buddy's allergies.

**Make sure you have all the ingredients before starting to bake** – there's nothing worse than getting through an entire recipe only to find out you are missing the final ingredient!

**Use shiny cookie sheets** or dark cookie sheets covered in aluminum foil. Shiny pans reflect the heat and result in your cookies getting evenly baked.

**Use a spoon and measuring cups to measure the ingredients** – don't do it by eye. Baking is a tricky process and sometimes it is vital you end up with the exact amounts of a certain ingredient or the recipe won't turn out. Measure carefully and level dry ingredients off with a knife so they aren't overflowing over their measuring container – unless of course the recipe calls for a heaping teaspoon!

**Monitor the baking time of your cookies closely.** Remove them from the oven when their centres still look a tiny bit underdone. They will finish cooking on the cookie sheets. Don't wander away while they are cooking; find a quiet activity to do so you can keep an eye on the oven. Cookies are too tasty to let burn!

**Have Fun!** Remember to share the cookies with friends and teachers or bring some home to your family!