



Students create a script for meeting new people and role-play to practice social skills.



Blank or lined paper; Pencils or pens.

Total Prep Time: 5 mins.



As this is the first Monday of the month, please consider sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
•	Collaboration	•	Social-awareness		Collaboration
•	Creativity	•	Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

GOALS FOR THE WEEK

- Explore how putting effort into relationships with others can change our lives and the quality of our “CONNECTIONS”
- Discover how we can build meaningful, two-sided relationships where we can count on each other
- Find new ways to make others feel special and cared for
- Understand how “FIND YOUR POSSE” is an important part of this month’s theme, “MONDAY GETS CONNECTED”



STUDENT ACTIVITY: **“NICE TO MEET YOU!”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “NICE TO MEET YOU!”

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- What does it mean to “FIND YOUR POSSE”?
- How do you feel about “MEETING” new people?
- Is it always easy to make new friends?
- What are some ways you can “MEET” new people and make new friends?
- Can you think of a time when you wanted to talk to someone for the first time, but you didn’t know what to do?
 - How did this feel?
- Have you ever tried making a new friend but didn’t know where to start?
- Have you ever had a hard time being yourself when you’re “MEETING” new people?
- Do you feel confident in your social skills, such as “MEETING” new people?
- Why do you think so many people have a hard time in social situations?
- Do you think you can learn new and better ways to handle social situations, such as “MEETING” new people?
- How can “MEETING” new people and making new friends help you “FIND YOUR POSSE”?
- How can “FINDING YOUR POSSE” help you “GET CONNECTED” in new and meaningful ways?
- How can “MEETING” new people and “FINDING YOUR POSSE” show others that they MATTER?
- Do you think that if we all started “FINDING OUR POSSE” and “GETTING CONNECTED” more often, we could create a more positive community and environment?

3) SET UP THE “NICE TO MEET YOU!” ACTIVITY:

- **Explain:**
 - Social skills are required all the time, whether we’re with old friends, family, or people we want to be friends with
 - A social skill is the ability to communicate and “CONNECT” with others in different situations in both verbal and non-verbal ways
 - For some of us, “MEETING” new people and talking with others is wonderful, easy, and fun
 - But for many of us, “MEETING” new people can be scary, awkward, and a difficult time to be ourselves
 - Even if we feel this way now, it’s helpful to remember that we can learn new social skills and practice them so we don’t have to feel as nervous in the future
 - When we learn and practice socializing with others, we’re discovering a new way to “GET CONNECTED” in genuine ways, which can help us “FIND OUR POSSES”
- **Ask:**
 - Can you think of the last time you “MET” someone new?
 - What did you do? How did this make you and them feel?
 - Are you usually the one to start conversations with others or do you wait for them to start them? How come?
 - Can you think of some things that might help you feel comfortable in a social situation in order to “FIND YOUR POSSE”? Like what?

4) START PART ONE OF THE “NICE TO MEET YOU!” ACTIVITY:

- Have students get into groups of 2-4
- Pass out paper and pencils or pens to each student

- **Explain:**

- In just a moment, we are going to talk about some ways to “MEET” new people and how we can start new conversation with other people
- In your groups, you will brainstorm some ideas together of how you can approach someone in a positive and confident way, how to start a conversation and end one, and how to continue the friendship after this one conversation
- Write any ideas you have on your papers, and you can even write a script if that’s helpful
- That way you have something to refer to in this activity and after
- **If helpful, give students some examples of good conversation starters, or have students quickly share out some ideas**
- Possible examples include: “How’s it going?”, “I like your hat!”, and “Have you been here before?”
- **Allow students up to 5 minutes to brainstorm with their groups and come up with some ideas of how to “MEET” new people and start conversations with others in a comfortable way**

5) START PART TWO OF THE “NICE TO MEET YOU!” ACTIVITY:

- **Explain:**

- Now that you have some good conversation starters, it’s time to practice them!
- Use the ideas you came up with to practice in your small group, taking turns being the different roles in conversations with others
- One of you can start the conversation while the other is on the receiving end
- Remember that practice helps us feel more comfortable and confident when the time comes for us to actually “MEET” new people, allowing us to be more of ourselves
- This helps us “FIND OUR POSSES” as we move through life
- **Make sure students understand the instructions and ask them to begin**
- **Move through the class while students are practicing and support as helpful and necessary**
- **Allow up to 5 minutes for students to practice role-playing “MEETING” new people and starting new conversations**
- **When time is up, ask for volunteers to demonstrate their conversation starters for others or share out what it was like to engage in new conversations with others**
- **Encourage students to remember these conversation starters when “MEETING” new people and making new friends in their daily lives, and remind them that being confident, comfortable, and themselves will help them “FIND THEIR POSSE” wherever they go**

6) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What were some of the conversation starters that you came up with today?**
- **What was it like to “MEET” new people today through role-playing?**
- **Was it challenging or easy to create conversation starters and practice your social skills?**
- **How will this activity help you feel more comfortable “MEETING” new people in your daily life?**
- **How can you remember to use some of these conversation starters and social skills going forward?**
- **How can you keep practicing your social skills?**
- How will doing this help you “GET CONNECTED” with others and even “FIND YOUR POSSE”?
- **What is your favorite thing about “GETTING CONNECTED” with others and “MEETING” new people?**
- **How can “MEETING” new people help you “FIND YOUR POSSE”?**
- **How can “MEETING” other people help you know that YOU MATTER?**
- How can it show others that they MATTER?
- **What would the world be like if we all “GOT CONNECTED” and “FOUND OUR POSSES”?**
- How might our lives and relationships change for the better?

- 7) **THANK STUDENTS FOR PLAYING “NICE TO MEET YOU!” TODAY AND FOR PRACTICING THEIR SOCIAL SKILLS. REMIND THEM THAT THEIR SOCIAL SKILLS WILL DEVELOP AND GROW OVER TIME, AND SO WILL THEIR CONFIDENCE AS THEY “MEET” NEW PEOPLE AND “FIND THEIR POSSE” IN LIFE.**
- 8) **ENCOURAGE STUDENTS TO SAFELY TRY NEW CONVERSATION STARTERS AS THEY “MEET” NEW PEOPLE AND NEW FRIENDS, AND TO ABOVE ALL BE THEMSELVES. REMIND THEM THAT THEY “MATTER” JUST AS THEY ARE.**
- 9) **CONTINUE EXPLORING HOW TO “MEET” NEW PEOPLE BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Role Play:** Ask groups of students to come up in front of the class and role-play the scenarios they created today. Challenge students to perform one awkward and one positive social situation. Then, discuss the differences in each scenario and why one might be more successful than the other in “GETTING CONNECTED.”
- 2) **Meeting Others:** Have students think about the things they might want to know about someone new they are “MEETING” or getting to know better. Ask them to write these questions out, and if they desire, decorate them. Encourage all students to safely “MEET” one new person this week and fill out their “NICE TO MEET YOU!” sheet with them. Encourage students to “MEET” someone in a safe place, like school or in the program, and have a discussion about safety together (so students are not going up to random or unsafe people for this activity). Then, have students bring back their completed worksheets and share their experience with the class. How did it feel to “MEET” someone new? Did they remember their social skills discussed in the activity? What would they do differently next time?
- 3) **Safety First:** Have a full discussion with students about “MEETING” new people in a safe way, and if possible, come up with some guidelines together. Write these out on a piece of flipchart paper or posterboard and discuss throughout the week, adding anything new that comes to mind. Remind students that you are there for any questions they may have as they “FIND THEIR POSSE” by “MEETING” new friends in a safe way.

“SOMETIMES THE GREATEST ADVENTURE IS SIMPLY A CONVERSATION.”

- AMADEUS WOLFE