

Friendship Lunch Group Intervention Plan

Schedule: Wednesdays, 11:00–11:25 AM

Participants: [REDACTED]

Total Group Time: ~15–25 minutes

Overall Structure (Each Session)

- **Opening Routine:** 3 minutes
- **Activity:** 9–12 minutes
- **Closing:** 2–3 minutes

Group Norms (Reinforced Weekly)

- Kind hands
- Listening ears
- Everyone gets a turn
- This is a practice group, not a perfect group

Weekly Session Format

Week 1: Getting to Know Each Other

Objective:

Build rapport, learn names, and establish group safety and expectations.

Opening (3 minutes)

- Welcome Script:
“This is our Friendship Lunch Group. We’re here to practice being friends with each other.”
- Name + Zones Check-In:
Each student shares:
 - Name
 - Current zone (feelings check-in)
- Preview Skill:
“Today we’re going to practice getting to know each other and noticing what makes a group feel safe and friendly.”

Activity (9–10 minutes): Friendship Ball

- Students sit in a circle
 - Soft ball is rolled between students
 - When holding the ball, students share:
 - Name
 - Favorite food
- OR**
- Two truths and a lie (optional extension)

Counselor Role:

- Model responses
- Prompt hesitant students
- Reinforce all participation attempts
- Allow nonverbal participation if needed

Closing (2–3 minutes)

- Quick reflection:
“One thing I learned about someone today is...”
- Preview next week: turn-taking

Week 2: Turn-Taking

Objective:

Practice conversational turn-taking and waiting skills.

Opening (3 minutes)

- Welcome Script
- Name + feeling check-in (face/body expression)
- Skill introduction:
“Today we’re practicing taking turns in conversation.”

Activity (9–10 minutes): My Turn / Your Turn Story

- Counselor begins a shared story:
“Once there was a dog who went to school...”
- Each student adds ONE sentence, using:
 - “My turn...” or

- “And then...”

Counselor Role:

- Model turn-taking language
- Support waiting skills
- Reinforce participation attempts
- Prompt appropriate entry/exit into conversation

Closing (2–3 minutes)

- Reflection:
“What helped you wait for your turn today?”

Week 3: Joining Play**Objective:**

Teach students how to observe, ask, and join peer play appropriately.

Opening (3 minutes)

- Welcome Script
- Name + feeling check-in
- Skill introduction:
“Today we’re practicing how to join a game in a friendly way.”

Activity (9–10 minutes): Watch – Ask – Join (Emotion Jenga)

- Structured turn-taking game (Emotion Jenga or similar)

Counselor Language (consistent narration):

- “It’s ____’s turn.”
- “Now we wait.”
- “Thank you for waiting.”

Skill Steps:

1. Watch the group
2. Ask to join appropriately
3. Wait for permission
4. Join the game

If a student grabs materials early:

- Calmly block action
- State: “It’s not your turn yet. You’re waiting.”
- Redirect attention to turn structure

Positive Reinforcement:

- “I noticed ____ waited.”
- “I noticed ____ followed the turn rule.”

Closing (2–3 minutes)

- Preview next session: flexible play
- Goodbye ritual (wave or high five)

Week 4: Flexible Play**Objective:**

Develop compromise skills and flexibility in peer interactions.

Focus Skills:

- Sharing ideas
- Accepting others’ ideas
- Problem-solving during play

Week 5: Kind Words & Repair**Objective:**

Teach students how to repair relationships after conflict.

Focus Skills:

- Using kind words
- Apologizing effectively
- Repairing friendships after mistakes

Week 6: Being a Friendship Group**Objective:**

Reflect on growth and strengthen group identity.

Focus Skills:

- Self-reflection
- Group cohesion
- Identifying personal growth in social skills