

FRIENDZY®

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UNIT TWO >>> LOVE AT ALL TIMES

Dear Families,

For October we are moving into our second Friendly unit, **Love At All Times**. This unit challenges the way we think about love. It's easy to love the lovable, but it can be tough to love someone who is unkind, cranky, or rude. God's Word instructs us to love all the time—not just sometimes. Friendly will challenge and equip your child to show compassion and kindness ALL the time, even when it's hard.

Catchphrase	Love At All Times
Key Verses <i>Biblical anchor points</i>	Proverbs 17:17: "A friend loves at all times." 1 John 3:18: "Dear children, let's not merely say that we love each other; let us show the truth by our actions."
Goal	To show love at all times through words and actions, even when it's hard.

CONTINUE THE CONVERSATION /// (discuss the following at home):

1. **A friend loves at all times.** God's Word calls us to love others all the time.
2. **All means all.** Loving friends when they are nice is easy. Loving friends who are annoying, mean to you, or act differently than you, is really hard.
3. **Show love through your words.** We show love by the words we say. Words matter and affect those around us. Choose words that reflect the love that is in your heart.
4. **Show love through your actions.** We've all heard the phrase "actions speak louder than words." Our actions are the exclamation point to our words. Don't just talk the talk, walk the walk!

WHAT DOES H.A.L.T. MEAN? ///

This unit introduces students to the acrostic **H.A.L.T.**

When students struggle to be loving and kind, they are encouraged to **H.A.L.T.** and ask themselves the following questions: Are they **H**ungry, **A**ngry, **L**onely, or **T**ired? **H.A.L.T.** reveals what may be going on below the surface. This practice of self-awareness helps to identify if a problem exists. What do they need

AM I FEELING...

HUNGRY

 Do I need something physically or emotionally? FIND OUT WHAT REFUELS YOU.

ANGRY

 What is causing me to feel this way? EXPRESS YOURSELF.

LONELY

 Am I having difficulty connecting with others? TELL SOMEONE.

TIRED

 When was the last time I took a break? BREATHE AND SLOW DOWN.

emotionally or physically? Are they having difficulties with others? Do they need a break to recharge?

FRIENDZY IN ACTION /// To expand on what your student is learning in the classroom, consider sharing your personal learning experiences. Share about a time when someone showed you kindness and love when you were hungry, angry, lonely, or tired (**H.A.L.T.**). Or share a time when you were able to love someone when they were not very lovable because they were hungry, angry, lonely, or tired (**H.A.L.T.**). Kids love hearing personal stories!

Students are reminded to ask a teacher or a parent for help if someone makes them feel unsafe. Loving at all times does not mean that we allow people to bully or hurt us. Your student may need support in understanding how to love at all times while also reporting to a trusted adult when they are being bullied or feel unsafe in any way.

Blessings,

Ms. Zeigler (Ms. Z.)

NBCA Elementary Counselor