

# Mental Wellbeing: Adventures with Friends

## EDUCATOR GUIDE

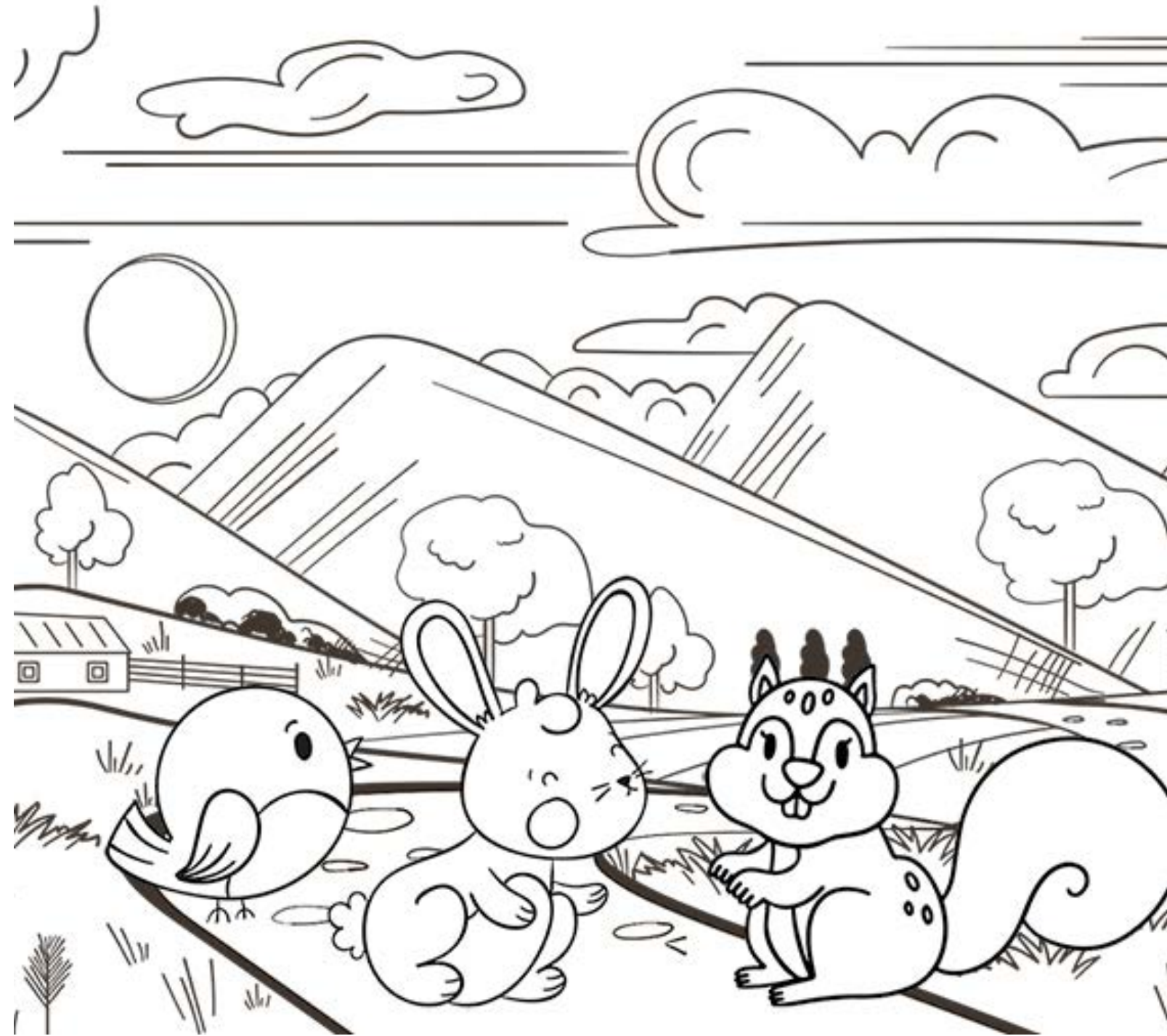


## The Adventure of the Three Friends

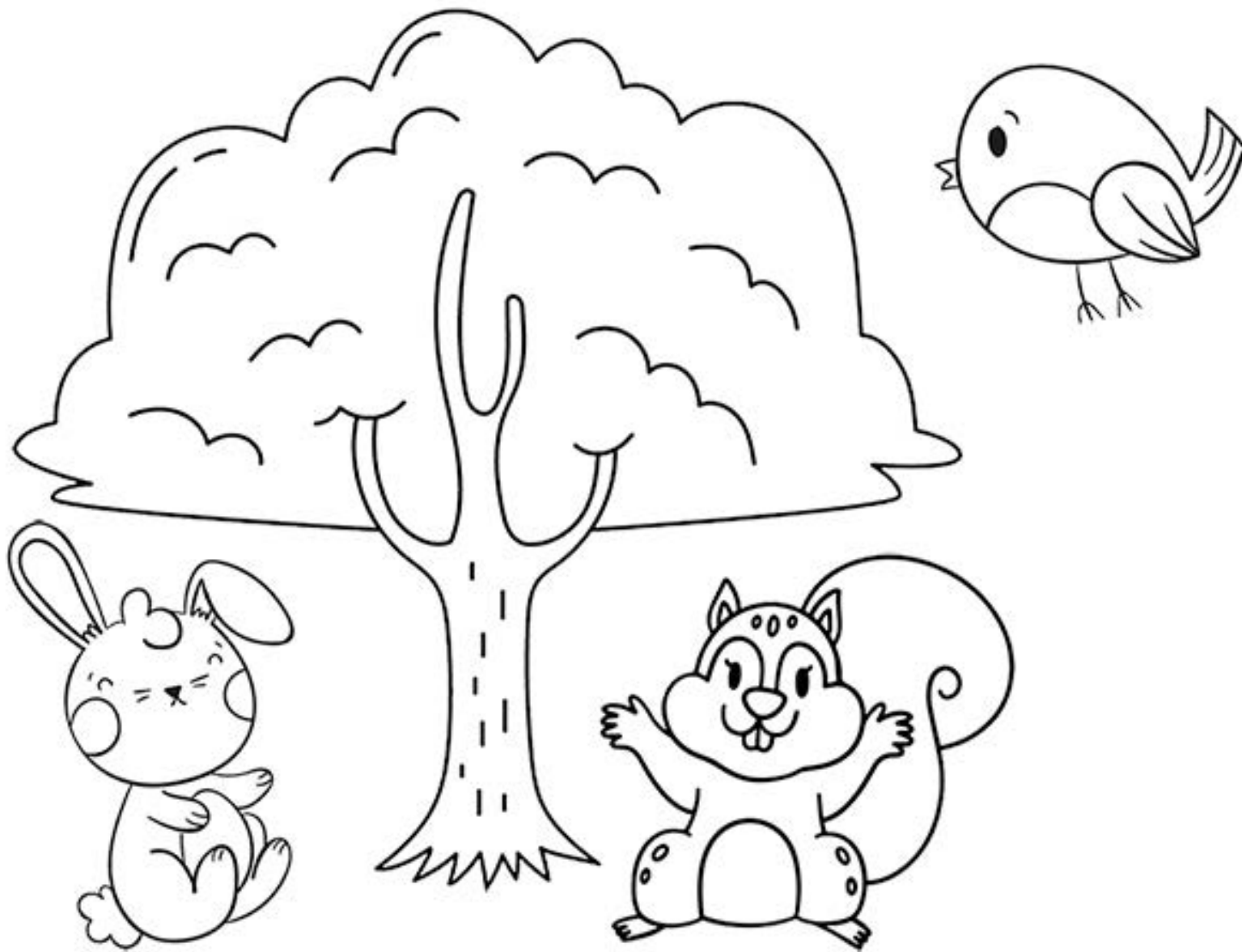
In a small village, there were three friends: Leo, Ava, and Sam. They loved going on adventures together, exploring the forest and discovering new things.

One sunny afternoon, they decided to hike up to the old tree at the top of the hill. Leo was excited and went ahead, eager to reach the tree first. Ava followed at a steady pace, enjoying the sights and sounds of nature around her. Sam, however, walked slowly and carefully, making sure not to trip over the roots and stones on the path.

When they reached the old tree, Leo was already there, grinning. “Come on, Ava and Sam! Let’s go to the top see the view from there”







Ava smiled and started climbing, but Sam hesitated. “I don’t think I want to climb,” he said quietly.

Leo looked puzzled. “Why not, Sam? It’s so much fun!”

Ava noticed Sam’s worried expression and said, “It’s okay, Sam. You don’t have to climb if you don’t want to. We can enjoy the view from here too.”

Sam nodded, feeling relieved. He sat down on the soft grass and looked up at the tree. “I just feel safer on the ground,” he explained.

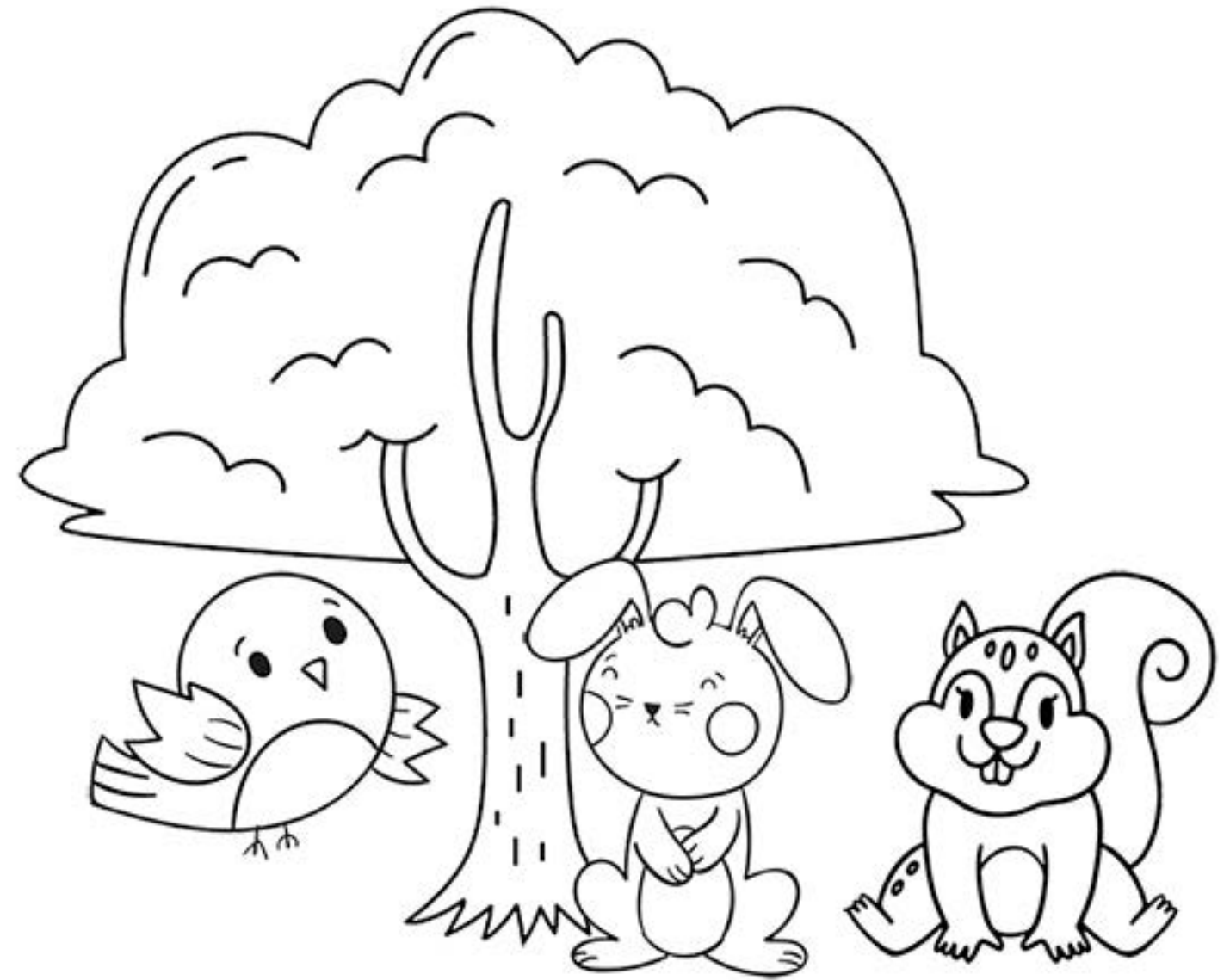
Leo sat down beside him. “I didn’t think about that,” he said. “I guess what I like isn’t the same for everyone.”

Ava joined them, and they all sat together under the shade of the old tree. “That’s what makes us a great team,” she said. “We each bring something different to our adventures.”

Leo thought for a moment. “You’re right, Ava. Being different means we can all enjoy things in our own way and still have fun together.”

Sam smiled, feeling understood. “And our differences make our adventures even better.”

They spent the rest of the afternoon sharing stories and enjoying each other’s company. Leo, Ava, and Sam learned that respecting their differences and understanding each other’s needs made their friendship stronger and their adventures more special.



## Class Activity: Exploring Differences and Teamwork

**Objective:** To help students understand and appreciate differences in preferences and abilities, fostering empathy and teamwork.

### Materials Needed:

- Large paper or poster boards
- Markers, crayons, or colored pencils
- Scissors and glue
- Pictures of animals or printed images of the characters
- A large tree outline drawn on a whiteboard or poster

### Activity Steps:

**1. Story Review:** Begin by reading “The Adventure of the Three Friends” to the class. Discuss the main themes of the story, focusing on differences in preferences and how those differences can enhance friendships.

**2. Character Exploration:** Divide the class into small groups and assign each group one character from the story: Leo, Ava, or Sam. Each group will discuss their character’s traits, preferences, and feelings. Encourage students to think about how each character represents different ways of enjoying adventures.

**3. Creative Expression:** Have each group create a poster featuring their character. They should include:

- A drawing or collage representing their character.
- A few sentences about what their character likes and how they feel about climbing the tree or staying on the ground.
- A quote that reflects the character’s perspective on friendship or differences (e.g., “It’s okay to be different!” or “We can still have fun together!”).
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**4. Class Discussion:** After the posters are completed, have each group present their character to the class. Encourage them to share insights about how their character’s preferences affect the group’s adventure.

**5. Tree of Friendship:** On the large tree outline drawn on the whiteboard or poster, have students add leaves or fruits with ideas about how they can support friends who have different needs or preferences. For example, “Ask how they feel,” or “Include everyone in the fun.”

**6. Reflection:** End the activity with a discussion on how understanding and respecting differences can lead to stronger friendships. Encourage students to think about their own friendships and how they can apply these lessons in real life.

**Follow-Up:** Encourage students to write or draw in a journal about a time when they had to respect someone’s differences or when someone respected theirs. This reflection will help solidify the themes learned during the activity.

## Individual Activity: My Adventure Story

**Objective:** To encourage students to reflect on their own experiences with differences in preferences and to express their thoughts through writing and drawing.

### Materials Needed:

- Blank paper or a journal
- Colored pencils or markers
- Optional: stickers or decorative items for embellishment

### Activity Steps:

**1. Story Reflection:** Ask the student to think about “The Adventure of the Three Friends.” Encourage them to consider how Leo, Ava, and Sam each had different ways of enjoying their adventure and how they supported each other.

**2. Personal Experience:** Have the student write a short story about a time when they went on an adventure with friends (this could be a real experience or an imaginative one).

Encourage them to think about:

- What the adventure was (e.g., a hike, a trip to the park, or a fun activity).
- How they felt during the adventure and if they or their friends had different preferences (e.g., some wanted to climb, while others preferred to stay on the ground).
- How they communicated and respected each other’s feelings.

**3. Illustration:** After writing their story, the student should create an illustration that captures a moment from their adventure. They can draw themselves and their friends, the setting, or any key elements of the experience.

**4. Sharing (Optional):** If the student is comfortable, they can share their story and illustration with a family member or classmate. This can foster discussions about differences and the importance of teamwork.

**5. Reflection Questions:** To conclude the activity, the student can answer the following questions in writing or by sharing:

- What did you learn from your adventure about friendship and differences?
- How can you support friends who have different needs or preferences in the future?

## The Big Friendship Picnic

Once upon a time in a sunny little village, a group of friends decided to have a big picnic. There was Mia, who loved to explore the forest; Sam, who enjoyed playing games; Lily, who always brought delicious snacks; and Jake, who loved telling stories.

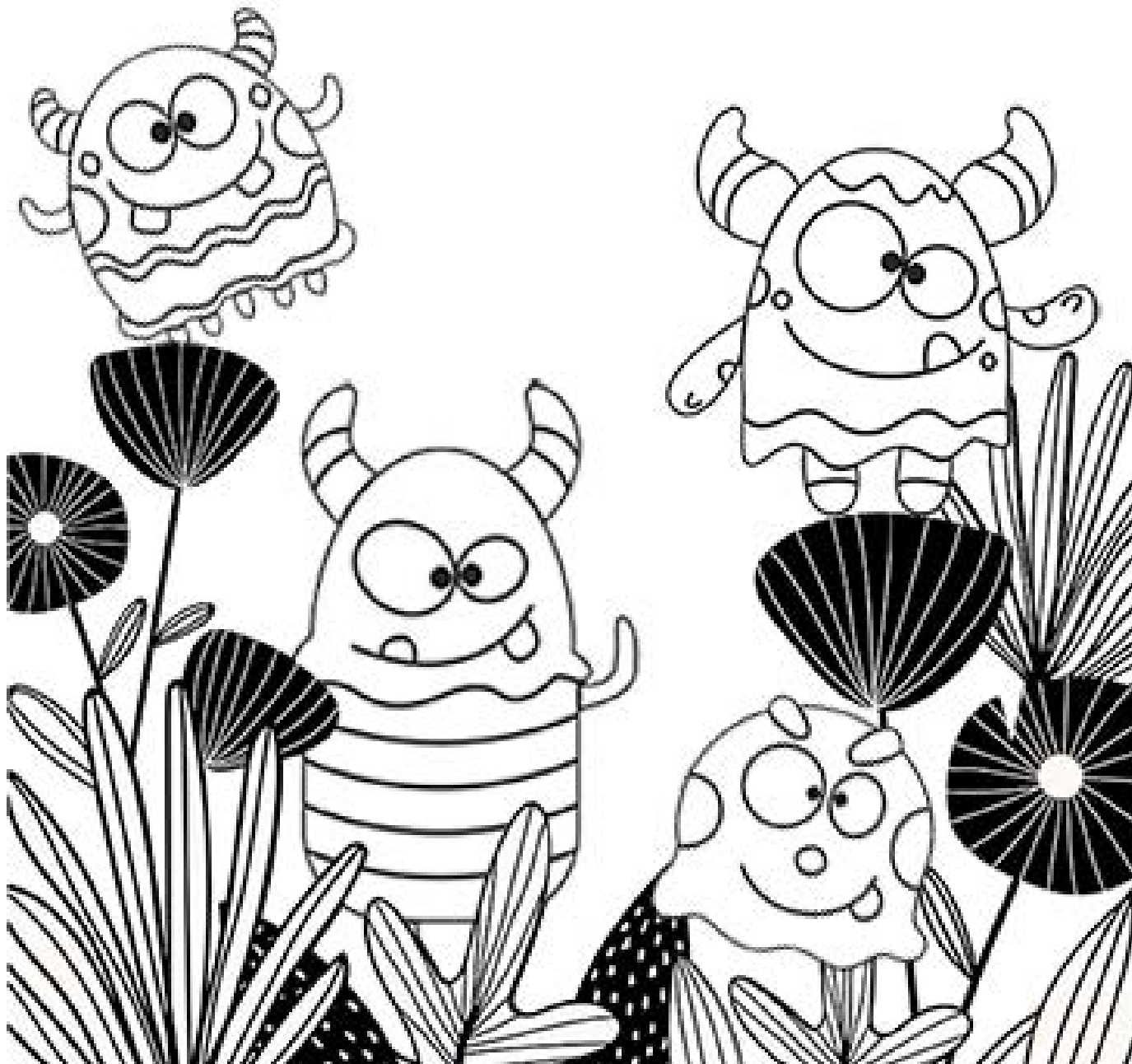
As the friends gathered in the park, they started planning their perfect picnic.

“I want to play a game!” shouted Sam, bouncing with excitement. “Let’s play tag!”

But Mia said, “I love running, but I also want to explore the flowers and trees. Can we do both?”

Lily chimed in, “I’ll make sure to bring my yummy sandwiches for everyone after we play!”





Jake thought for a moment and added, “And I’ll tell a funny story when we sit down to eat. Everyone can share their favorite stories too!”

The friends smiled at each other, realizing they all had different ideas about how to enjoy their picnic.

“How about this?” Mia suggested. “First, we can play tag. Then, we can explore the forest together. After that, we can have a snack and share our stories!”

Everyone agreed. They played tag, laughing and running until they were tired. Then, they explored the forest, discovering colorful flowers and friendly butterflies.



Finally, they found a nice shady spot to sit down and enjoy Lily's sandwiches. As they munched on their food, Jake shared his funny story about the bear who thought he could fly.

Afterward, they each took turns telling their own little stories about the day, about the flowers they saw or the games they played. They realized that by listening to each other and sharing, they all felt happy and connected.

As the sun began to set, they packed up their picnic. Mia, Sam, Lily, and Jake knew that their friendship was special because they understood each other's needs and ideas.

And from that day on, they always planned their adventures together, knowing that by listening and caring for one another, they could create the best memories!





## Activity: Plan Your Perfect Picnic!

**Objective:** Help students understand that everyone has different needs and ideas, just like the friends in the story.

### Materials Needed:

- Paper and art supplies (markers, crayons, stickers).
- Space for sharing designs.

### Activity Steps:

**1. Discussion (10 minutes):** Start by asking the students what they liked about the story. Discuss how each character had different ideas for the picnic and how they worked together to make everyone happy. Encourage students to share their own experiences of working with friends and how they can be flexible and understanding.

### 2. Design Your Picnic (20 minutes):

- Provide students with paper and art supplies (markers, crayons, stickers).
- Ask them to draw or create a poster of their own perfect picnic.
- Include what games they would like to play.
- What food they would bring.
- Any activities they would enjoy (e.g., exploring, storytelling).
- Encourage creativity! They can also include friends or family members they'd like to invite.

**3. Sharing Time (15 minutes):** Once everyone has finished their picnic designs, have students share their ideas with the class. Encourage them to explain why they chose specific activities or foods and how they considered everyone's preferences.

**4. Reflection (5 minutes):** Conclude with a short reflection on the importance of listening to others and working together to have fun. Ask students how they can use what they learned in their own friendships and activities.