Friendship, Belonging & Collaboration · Grades 3–5 / 6–8 · 20 minutes · FREE

Being Me and Belonging

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Find connections with others while respecting your own interests and values.

You can belong without liking exactly what everyone else likes. Shared curiosity, kindness or a way of working can connect people with different interests. Use a fictional partner if you prefer. You choose which parts of yourself to share.

> **Your steps**
> 1. List interests, values and strengths you want to share.
> 2. Compare them with a fictional or willing partner.
> 3. Find one overlap without hiding a difference.
> 4. Plan a small, respectful connection invitation.

1. My connection ingredients

Choose examples you feel comfortable sharing. There is no “right” kind of interest.

INTEREST · something I enjoy	VALUE · something that matters to me
STRENGTH · something I bring	DIFFERENCE · something I do not need to hide

2. Different & connected

Draw two overlapping circles. Label one ME and one PARTNER / FICTIONAL PERSON. Put a shared interest, value or strength in the overlap.

ME	SHARED CONNECTION	OTHER PERSON

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Being Me and Belonging · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. A small invitation

The other person can say yes, no or suggest something different.

“Would you like to…?”	A shared starting point
A difference I can respect	If they are not interested, I can…

My next step

One connection I could try without hiding myself is…

Optional stretch · Grades 6–8

Find a shared value behind different interests. Design an activity where both people contribute something distinctive.

Optional teacher / parent follow-up: Never require friendship with a particular person or public disclosure. Affirm that belonging does not require masking interests.

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