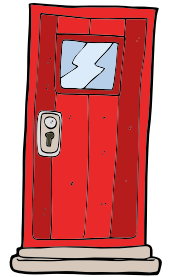
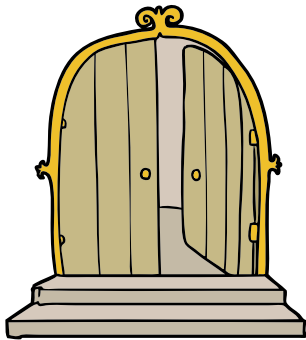
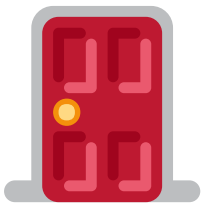


RELATING

Friends are important in making us feel good about ourselves. You can never have enough friends. You also need to be a good friend. So here's an exercise you can try with your class. Draw 5 doors on a piece of paper, leaving a space under each door to write a few words.



Think about the things you like about the friends you have and write them in the spaces under the doors. For example, "He always says to me, 'Good try' when I miss the goal during our football practice", or "She always notices when I'm wearing something new." Now think about holding those sorts of doors out to people you meet in the next few days. They may lead to a whole new bunch of friends.

So People who feel good and who give good vibes to others are more attractive. Expressions of thanks, gratitude and appreciation, along with a sincere interest in others' lives—and warm smiles—all send forth positive energy. The more positive emanations you send people, the more they will feel appreciated, and appreciate you in return.

While overdoing the positivity with excessive gushing (like sunshine that is too intense) can be off-putting, people who emanate positive vibes generally feel "warm."

So spread a some gentle sunshine and enjoy people radiating positive vibes back to you.

Record your reflections and evidence of impact in  within Sponge Elephant