

FEAST OF FRIENDSHIP

Abdul-Bahá showered people with kindness and hospitality. For one holy day celebration, he started at dawn to prepare food for over 200 guests! As he kneaded dough, he cheerfully encouraged his helpers.

When the guests arrived, 'Abdu'l-Bahá assisted with serving platters of rice, lamb, and fruit. He also offered words of love, saying, "If one of you has been wounded

in heart by the words or deeds of another, during the past year, forgive him now; that . . . you may feast in happiness, and arise, renewed in spirit."*

We're *all* learning how to build unity together, and we'll make mistakes along the way. But like 'Abdu'l-Bahá, if we act with sincerity and love, we can open the door to true friendship.

EXPLORE THESE WAYS TO BUILD STRONGER FRIENDSHIPS.

CATERPILLAR RACE

Players: 8–16 | Time: 15 minutes

Give each player a hula hoop. Split into groups of 4–6. Teams line hoops in a row on ground with ends touching, forming a caterpillar. One person stands in each hoop. To move forward, last player passes their hoop to front. Front player puts it on ground in front of them. All players move forward one hoop. Caterpillars race to finish line!



ART OF APOLOGY

When feelings are hurt, a sincere, respectful apology can be a first step to healing.

TRY THESE STEPS WHEN SAYING YOU'RE SORRY!



- 1) "I'm sorry for _____." Say what you did that caused harm.
- 2) "It was wrong because _____." Show that you understand why it was harmful.
- 3) "Next time, I'll _____." Share what you'll do differently in the future.
- 4) "Will you forgive me?" If they need more time, ask to talk later.

BEST GUESS

Players: 4–10 | Time: 15 minutes | Can be virtual

Players secretly write and give leader a word related to a theme, such as justice or race unity. If playing virtually, send words in private message.

Leader gives first player a word. First player describes word to group without saying any part of it. Players have one minute to guess it. First person to guess correctly shares a memory inspired by that word. They get a word to describe in the next round. Continue until one player makes three correct guesses.



SPEED QUOTES

Players: 8–16 | Time: 15 minutes

Put quotes about unity and friendship on slips of paper and place in center of room. Everyone picks a quote and a partner. Each player quickly shares their quote and what it means to them.

After a minute, players switch partners and quotes. Continue for 15 minutes, then share your favorite learnings with the group.

