

PATH OF FRIENDSHIP

"Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path." — 'Abdu'l-Bahá

How do you make new friends? When we connect with others through kindness, it can make a big difference in our neighborhoods, communities, and the world. The Universal House of Justice encourages Bahá'ís to "form those bonds of true friendship that befit companions on a spiritual journey" and to

"engage in meaningful conversations."

Having fun with friends and neighbors is a great way to get to know them better. Ask your family to invite your neighbors over, serve some tasty snacks, and try out these ideas for building bonds of unity.

KINDNESS JAR



Write down loving actions such as "Help with homework" or "Write a kind note" on small strips of paper. Put them in a jar.

Every week, each person chooses a family member or friend who needs extra support. Take a strip from the jar and carry out the action with kindness!

FIVE THINGS IN COMMON



Divide your group into teams of four or five people each. Give each team a piece of paper and a pencil, and ask them to write five things that every person on their team has in common.

Focus on interests and experiences (such as "We all like to draw") and not basic things related to being human (such as "We all wear shoes"). Invite each team to read their finished list to the whole group.

YOU ROCK!



Everyone writes his or her name at the top of a piece of paper. Pass the papers around. Ask each person to write one kind, encouraging thing about that person.

Try to name a specific virtue and a specific action, such as, "Maya is so generous when she shares her art with friends." After everyone has a turn, give the list of virtues back to the person.

GOOD NEWS INTERVIEWS



Have everyone pair up. Give each person the same list of 5–10 questions to use in an interview. For example, "What's a challenge you recently overcame and how?" "What helps you feel hopeful?" "What's something you're looking forward to?"

After everyone has had a chance to be interviewed, rejoin the larger group. Take turns sharing one or two pieces of good news that each person learned about his or her partner.

3...2...1...LIFTOFF!

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