

# Habits of Friendship



## Obedience

### *I know when to obey and when to disobey*

Dear Parents and Teachers:

The Habits of Friendship lessons are meant to be taught over a 5-day period. Lessons are scripted and require little preparation time. Notes to you, the teacher, are given in dark blue. The script is written in black. Before each lesson, gather or print any materials listed. Then, simply read the lesson aloud and follow the blue instructions.

As the week progresses, lessons increase in the level of developmental depth. The first lessons focus work on concrete skills, mid-week lessons work on skills requiring more awareness, and lessons at the end of the week work toward total competence in this social skills area.

## Day One: Home and Class

Welcome to the last week of Habits of Friendship. You are becoming experts on the social skills needed for meaningful, lifelong relationships. Today we are going to start learning about Obedience. Now you might be thinking this is pretty simple: Do as you are told. But Obedience is actually pretty complicated. Let's say our mantra to find out why!

Display mantra poster and read the mantra together. "I know when to obey and when to disobey." WAIT! WHAT? DISOBEY? Smile! Yep, this week we will spend three lessons on when to obey and two lessons on when to disobey. Bet you didn't think we were going to talk about when to disobey?

Let's start today by playing a little game. This game is called: The Game of No Rules.

This game is easy to play. You, the leader, are the only one who gets to decide about points, who's in or out, and essentially anything going on in the game.



## MATERIALS BY DAY:

1. Mantra poster, a few soft balls or toys, and traffic picture posters.
2. Belonging poster. One of the following stories (links to videos on the blog) *Louise & Andie the Art of Friendship*, *Big Friends*, *The Invisible Boy*, or *Owen and Mzee: The True Story of a Remarkable Friendship*.
3. SWAG poster and link to watch short video clip. Start at 11 second and watch to 3:05.
4. Bible, written story, or video link to the story of Daniel; print off "Calculated Acts" poster. (from links, not resources)
5. Kid-friendly Ten Commandments

## Discovering the Rules of Belonging

- **Observe:** Look at your peers. What are they into, for example: music, shows, books, movies, and games? What do they wear? How do they talk? Where do they like to go? How do they act in class? What do they do for fun?  
⇒ Keep a mental or physical list of these answers. You don't have to be the same, you are just observing.
- **Evaluate:** Do you like these same things? Do you like to dress that way? How do you act in class? Are those things fun for you? Are there some personal habits you would like to change about yourself?  
⇒ You don't have to change who you are to fit in. Find your tribe! But, upon evaluation, you might realize you are doing something that is socially awkward or is distancing you from belonging.
- **Experiment:** Experiment with personal improvement. Can you improve your grooming? Maybe you can read a new book or try a new game? Can you work on your listening skills and conversation starters? Are your manners on point?  
⇒ Our social skills and manners can always improve. Embracing self-improvement can be the ticket to finding your tribe.
- **Engage:** After you have experimented with a little self-improvement, it is time to engage. Strick-up a conversation. Invite someone to do something with you. Join in a game. Walk with someone new.  
⇒ Remember, rejection and failure are part of life. In your attempts at social change and belonging, you might fail at first. If so, just start the cycle over again. Try observing new people and situations. Experiment with different personal improvements.

## Day One Continued

Simply tell your group you are all going to play a new game. Then throw a bunch of soft balls or other toys in the middle of the room. Next, say: "Ready, set, go!"

You will get lots of blank looks. That's exactly what should happen.

As kids start moving, picking up toys, or even asking questions, randomly shout out consequences or award points. "You asked a question! 5 points!" "You didn't say anything. 10 points!" "Picking up toys—Negative 500 points." "No movement within time limit. You're frozen forever!" "You're wearing red! Sit out for 2 minutes!"

Be as random as you want to be. No doubt you will start hearing shouts of "That's not fair!" and "Hey! You didn't tell us that was a

rule!" or even "AAAAhhh! Stop the madness!"

Well, that was pretty crazy! Playing a game without knowing the rules can be confusing, frustrating, and even end up eventually hurting people.

Imagine what would happen if there were no traffic rules. [Display traffic poster picture.](#)

What would it be like to drive or cross the street if no one obeyed the rules of the road?

Rules keep us safe, help us show respect, and help things work out for the best. What are the rules of our home/classroom/family? [Spend a moment to review the rules in your situation.](#) I know that when we follow these rules we can stay safe, have fun, and play fair.

Let's close by repeating our mantra.

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*Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging.*  
— Brené Brown

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## Day Two: Belonging

Welcome back to Habits of Friendship: Obedience. Let's start by saying our mantra. [Repeat mantra.](#) Great! Today we are going to talk a little more about obedience before we move on to disobedience. Yesterday we talked about obeying rules like family rules, classroom rules, and traffic rules. Today we are going to talk about rules that are not written down and people usually don't tell us about. I am going to call these Rules of Belonging.

Everyone wants to belong, to be accepted, and to have friends. Some people like to have lots of friends and some people like to have just a few friends or maybe even one friend. But whatever kind of person you are, belonging is important. But, sometime people can be mean. Sometimes, we don't know or understand the unwritten social rules happening all the time around us. We may want to obey social norms, but we don't know them, so we seem different.

Kid's brains are very good at seeing differences, but often you haven't yet learned ways to deal with differences. Sometimes kids make fun of others and exclude them. Honestly, some adults do the same exact thing. It's not nice, but it happens. The rub is, how can we feel like we belong even when we are all so different? How can you stay the totally cool you, and still feel like you belong?

The secret formula is obeying the Rules of Belonging. But how do you figure out the Rules of Belonging? I have four steps to help you discover the Rules of Belonging. [Post the "Belonging" poster.](#) [Read or summarize the side bar information as you read the four steps.](#)

I will leave this poster up to help us remember how to figure out the unwritten rules of belonging. Let's look at a story now and try to find how the characters observed, evaluated, experimented, and acted. [Choose one of the stories from the resources listed on front of the this Habit.](#) [As you read it, point out when characters observed, evaluated, experimented, and acted.](#)

Well done. Obeying the unwritten rules of friendship can help us belong! Let's say our mantra one last time today!



## Day Three: Peer Pressure

Welcome back to Habits of Friendship: Obedience. Can you say the mantra without my help? [Help as needed, but try to let the students say it without you.](#) Great!

Today we are going to FINALLY talk about disobedience. I know you have been looking forward to this day. Sometimes, we need to disobey. Have you every heard the words “peer pressure”? [Listen to answers.](#) Yes, peer pressure is when you feel pressure to do something because someone else is doing it.

Now, peer pressure can be good or bad. Maybe all of your friends are working really hard in school or at the sport you play. You may want to work harder because your friends are working hard. That is positive peer pressure.

If that is positive peer pressure, what do you think negative peer pressure means? [Listen to examples.](#) That's right, negative peer pressure is feeling like you have to do something you know it is wrong or makes you feel uncomfortable. Often you are feeling this pressure because you want to belong.

Can you think of an example of negative peer pressure? [List examples on the negative peer pressure sheet.](#) Give help as needed and in line with your family or classroom values. Right! Good examples.

Now, here is the tough part. Negative peer pressure is a time when we need to disobey, but how? I have a catchy little acronym that might help you DISOBEY negative peer pressure.

SWAG stands for stop and say no, wait, avoid or give an alternative, and get out. [Display the poster and talk through each option.](#) The side bar to the right gives a detailed explanation of each option.

To make sure we understand these options, we are going to watch a short video clip from a show I used to love when I was a kid! [Full House.](#) As you watch this clip, look for ways the main character uses different parts of SWAG. [Show clips, stop and point out places SWAG is used.](#)

Good job. You found so many ways to DISOBEY. Let's wrap up by saying our mantra one more time!

[https://www.youtube.com/watch?v=-Od6ENjJJ-U&ab\\_channel=TristinKoch](https://www.youtube.com/watch?v=-Od6ENjJJ-U&ab_channel=TristinKoch) (live link on the blog)

### Dealing with Peer Pressure

To deal with peer pressure all you need to have is a little SWAG! These are four options that might help you out of a sticky situation.

**S:** Stop and say no. You can say nah, I don't think so, not today, maybe later, no, never, not gonna, nope, not right now, or not for me. It does not matter how you say it, but choice one is to stop and say no.

**W:** Wait. Yup, your text tool is to push the choice down the road a bit. I am not ready to do that. That's not for me right now. I can't because I have a big game coming up. I'm gonna wait on that for a while. That could get me in a lot of trouble right now and I don't want to deal with that. I care way too much about \_\_\_\_ (my body, my test, my grades, my game, my family, my car, my money) to do that.

**A:** Avoid and Alternatives. Sometimes the best tool is to avoid peer pressure all together. Don't go the party where you know they will be drinking. Don't hang out with kids that will ask you to do things you don't want to do. But, if you can't avoid, then another good idea is to give an alternative. You might say, How about we watch a movie instead. Or, let's go play basketball. Or, man, I am too hungry for that, let's get some food.

**G:** Get out. Sometimes you have to be prepared to get out. Leaving may be your best option. If you feel unsafe, be prepared to leave.



## Summary of Daniel

When Judah turned away from God he allowed the enemy nation of Babylon to capture the Jews and take them away to Babylon. King Nebuchadnezzar of Babylon commanded that the brightest and most handsome captives be educated and taught to serve in the Babylonian courts.

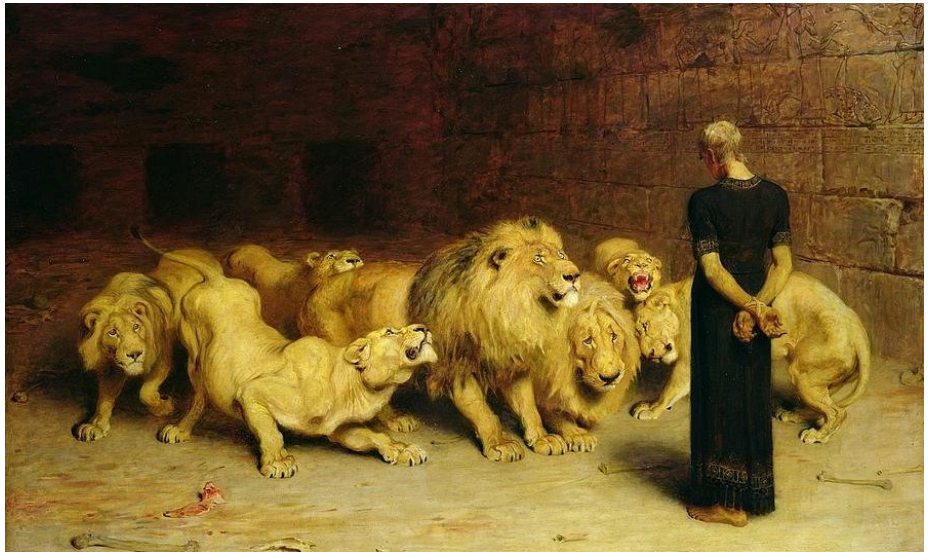
When Daniel and three other young Jews were told to eat the king's food they refused because it was food that God had forbidden Jews to eat. When the officials saw that these young men were healthier and stronger when they obeyed God's food laws, they allowed them to continue obeying the Lord. These four young men impressed the king because they were smarter than all the men in the king's court.

But this was not the only time Daniel disobeyed the law of the land in order to obey God.

After some time, Darius was the new king of Babylon. When he saw that Daniel had served Babylon well, he appointed him to be a government official. Other jealous officials plotted against Daniel by tricking Darius to make a law that said you could only pray to King Darius, not God. If anyone disobeyed the law then they should be thrown into a pit full of lions.

Daniel decided to keep praying like he always did even with the new law. The king's evil helpers had been watching Daniel and saw him pray to God. They went straight to the king and told him about it.

Daniel was put in the lion's den, but was saved by his obedience to God.



## Day Four: Disobedience and Daniel

We have studied a lot when to obey and even when not to obey. Let's say our mantra to get our minds focused for today's lesson. "I know when to obey and when to disobey." Well done.

Today we are going to spend some time on the disobedience part of the mantra. In the Bible, have you ever heard of the story on Daniel? [Listen to answers.](#) Many students might mention the story of Daniel and the Lion's den.

If you are teaching in a secular environment, you may choose to still use this lesson. Daniel's stories transcend many religions including Judaism, Christianity, and Islam. Also, his story can be told, as just a story common in many cultures. The objective of this lesson is to understand civil disobedience targeting when and how to not obey the law of the land. If you choose not to use the story of Daniel, choose a book from the resource section on civil disobedience.

Well done, it sounds like you know a bit about Daniel, but let's learn some more and see what it has to do with obedience. You may choose to watch the story of Daniel and his friends refusing food and Daniel and the lion's den. You may also choose to read from the text of the Bible (Daniel 1 and 6) or read the summary given in the side bar.

What rules did Daniel disobey? What laws did Daniel obey? How did things work out for Daniel? What were the consequences of his actions? [Listen to answers.](#)

What Daniel did (not obeying the law of the land, but doing what he knew to be right) is called civil disobedience. This is a very serious topic and a very adult thing to think about. Civil disobedience is when you disobey a law because you believe it is REALLY wrong. You believe the law is hurting people or is not a legal law or goes against God's laws. When you disobey in this way, you realize that you might be punished, but you are okay with that sacrifice.

Throughout history, there have been times when people felt so deeply about a political or social issue, they resisted in some manner. Some of these strategies were effective, some were not. Let's examine different ways people have behaved in an effort to bring about big societal changes. [Display "Calculated Acts" poster and talk about each picture.](#) ([Link to this post is in online resources](#))

As you can tell from these examples and from the examples in these pictures, choosing to disobey is a serious decision. This is a decision you should make with your family and never as a child by yourself. But, just as in these examples, sometime it is important to disobey.

Let's wrap up by saying our mantra one more time. "I know when to obey and when to disobey." Well said. After the last few days you truly do know when to obey and disobey.

## Day Five: Obedience to God

Today is our last day of Habits of Friendship: Obedience. We have spent two days on obeying and two days on disobeying. Today we will round things out with learning how to be obedient in the most important way: Obedient to God. Let's get started by saying our mantra. [Say mantra](#). Wow, you got it!

Sometimes it can be confusing to understand how to be obedient to God. The Bible is a very big book and tells us lots of things. But, the Bible tells us that when we are obedient to God, we show our love for God. As a matter of fact, the Bible says, "And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." (Mark 12: 30-31)

These are the most important commandments to obey; can you think of any other commandments God has given to us to follow? Hint, it has something to do with the number ten! [Wait for answers](#). Yes, the ten commandments! These are some specific rules God has given to us to help us remember how to show our love for Him and for those around us.

[Display the kid-friendly commandments poster and review them.](#)



*"One has a moral responsibility to disobey unjust laws." –Martin Luther King, Jr.*

We show our love for God and for those we meet by being obedient to the commandments God has given to us. We are brave like Daniel and obey God's rules even when those around us are not. We can stand up to peer pressure when we know that when we are obedient to God's laws we show our love for Him. Finally, when we are obedient to our parents, we are being obedient to God.

Thank you for taking this Habits journey with me. This lesson wraps up Habits of Friendship. We have learned so many skills needed for meaningful, lifelong relationships. We will repeat these lessons again sometime to keep our skills sharp.

Let's say our mantra one last time!

[For those in a secular environment, skip this lesson and choose one of the included activities from the resource material.](#)

## Exploration Resources

- ⇒ Copywork pages
- ⇒ Quote memorization (or complete as copywork)
- ⇒ Scripture memorization (or complete as copywork)
- ⇒ Memorize the included poem
- ⇒ Read and then narrate from one of the books on the reading list
- ⇒ Complete the Hymn Study for "Trust and Obey"

[Detailed instructions and needed worksheets for each exploration activity are given in the resource packet.](#)



## A One-Room Schoolhouse

The Habits of Friendship © program was inspired by the formation of *A One-Room Schoolhouse: A Hybrid Homeschool Academy*. As the Schoolhouse program took shape, the founder, Genevieve Peterson, knew the program needed a pro-active habit training curriculum to help shape her children and those that would join them. Her desire to instill the social skills needed for meaning, life-long relationships with simple, daily instruction and practice inspired The Habits of Friendship © program.

Follow our journey on Facebook & Instagram @aoneroomschool

Genevieve blogs weekly at [www.aoneroomschoolhouse.com](http://www.aoneroomschoolhouse.com)

### A One-Room Schoolhouse A Hybrid Homeschool Academy

*Building Faith, Knowledge, and Character*

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A One-Room  
Schoolhouse  
*Building faith, knowledge, and character*

## Habits of Friendship ©

Welcome to Habits of Friendship, the companion module of Habits of Learning. In Habits of Friendship, we will explore the social skills needed for meaningful, lifelong relationships. After Habits of Learning took shape in my mind, I began to realize it was an incomplete program. Our lives are not just about learning, they are about more than that.

As I reflected upon this void I was reminded of a Bible verse that has driven much of my life: Luke 2:52. *And Jesus increased in wisdom and stature, and in favour with God and man.* In this verse we see that as Jesus grew from child to man, he developed in four areas of his life:

- Wisdom: Learning and education
- Stature: Physical health and wellness
- Favour with God: Spiritual development
- Favour with man: Social and emotional development

Habits of Learning focuses on the “wisdom” part of that verse. Habits of Friendship focuses on “favour with man.” To complete the Habits training program: Habits of Living and Habits of Worship follow Habits of Learning and Friendship.

Habits of Living and Habits of Worship will be designed for in-home use, whereas Habits of Learning and Habits of Friendship can be taught in the home or school.

As these four modules come to fruition, the Habits program will be complete as inspired by Luke 2:52. This will allow the parent or teacher to directly teach each area of personal development, as modeled by Jesus Christ, to their child of any age.

The Habits of Friendship focuses on six different fundamental social skill areas as they grow over three levels of developmental progression. As students learn these broad social skills, they will be guided to learn the supporting skills needed to be competent in each skill area. The Habits of Friendship curriculum will guide students through the developmental levels of social skill acquisition from concrete, to awareness, and finally to competence.

The lessons can be taught over a six-week period, but are designed to be repeated as often as needed. A nondenominational Christian perspective is intertwined throughout the lessons. All scripture references are taken from the King James Version of the Bible. Lessons and activities are designed to be used in a multi-age classroom setting but can also be done one-on-one.

This program of personal development is based on the most current research in behavior intervention, historical wisdom of great educators, and years of practical experience in both the educational and therapeutic settings of the author.

Specifically, Positive Behavior Intervention and Support (PBIS) heavily influenced this work as it provides a process to understand and develop positive behavior in students that is based on both values and empirical research.

Both the models of classical education and the work of Charlotte Mason are melded together when considering teaching methods and behavioral development. Finally, the author’s years of professional experience as a school physiologist, education director, and special education teacher honed this curriculum.

### Terms of Use

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