



FRIENDSHIP



AUGUST 2018

Complete the Required FRIENDSHIP activities to receive credit toward the 2018 "I AM AWESOME" Award.
Must be completed and turned into the Omega office by the end of December 2018.

2 REQUIRED ACTIVITIES:

1. Have a family meeting and talk about what it means to be a true FRIEND to someone. Help each other identify people at school or in your neighborhood that you can start a new FRIENDSHIP with. Explain how it went.

2. Do ALL of the following activities in your category at least once throughout the month. Check the box once you have completed it. (Please note - You can do these more than once; it is always nice to make new friends)

YOUTH ACTIVITIES:

- Smile and say "Hi" to someone new.
- Learn the names of at least 5 new people you didn't previously know.
- Be aware of times when someone is being treated badly or bullied and help stand up for that person.
- Sit next to someone new at lunch.
- Ask a new person to play at your house and get to know them.
- Notice if someone is being left out and make sure to include them.

OLDER PEOPLE ACTIVITIES:

- Invite someone new or a new family over for lunch or dinner.
- Visit a neighbor that you don't know very well.
- Call a friend you haven't spoken to in a long time.
- Think of a fun activity and invite someone new to join you.
- Ask to be friends with someone new on social media (if you have it).
- Make a dessert or a treat and take to someone who could use a visit.

Bonus: Complete additional projects or activities that demonstrate FRIENDSHIP. Additional activities or projects must be worthwhile, must involve other people, and must revolved around the FRIENDSHIP theme. **(5 Points Each)**
Explain what you chose to do and what you learned:

NAME OF OMEGA STUDENT

PARENT SIGNATURE
Or STUDENT SIGNATURE (if over 18 years)