**The Virtue of FRIENDLINESS: Discussion and Reflection for Parents**

**What is friendliness?**

Friendliness is being a friend. It is taking an interest in other people. It is going out of your way to make others feel welcome or to make a stranger feel at home. When you are friendly, you happily share your belongings, time, ideas and feelings. You share the good times and the bad times together. Friendliness is the best cure for loneliness.

**Why practice it?**

Friendliness keeps you and others from feeling lonely or left out. It helps people feel that they belong. When something good or bad happens, it feels good to share it with a friend. Friendships don’t just happen- they are made by people who are willing to be themselves with each other.

**How do you practice it?**

Friendliness begins with liking yourself and believing you have something to share with others. Be kind to people you don’t know. You can be friendly just by walking down the fall, looking into people’s faces, and smiling. They will probably smile back. Show your friends you are glad to see them, by asking how their day is going and sharing your news with them.

**Signs of Success**

You are practicing friendliness when you…

* Like yourself and realize you have a lot to offer
* Smile and greet someone you don’t know
* Get to know someone and let them get to know you
* Show an interest in others
* Show caring when a friend needs you
* Are friendly to people who look and act different

Affirmation

*I* am friendly. I smile and greet people. I show an interest in others.

I like myself and know that my friendship is worth a lot.

**Virtues Reflection Questions**

* What are some of the challenges or obstacles to being friendly?
* What are the characteristics of a best friend?
* What would a good friend do if someone was sad?
* How can you be friendly with someone without making it into a “best friends” situation?
* What happens when cliques form and they are unfriendly to everyone else?
* Name three things you can do to have more friends.

**Quotable Quotes**

*“If you desire with all your heart, friendship with every race on earth, your thought, spiritual and positive, will spread; it will become the desire of others, growing stronger and stronger, until it reaches the minds of all men.”*

-'Abdu’l-Bahá

*“To be a friend, remember that we are human magnets; that like attracts like and that as we give we get.”*

-Wilfred Peterson

*“Don’t walk in front of me, I may not follow. Don’t walk behind me, I may not lead. Walk beside me and just be my friend.”*

-Albert Camus

*“The best way to have a friend is to be one.”*

-Peggy Jenkins

*“The world is like a mirror reflecting what you do, and if your face is smiling, it smiles right back at you.”*

-Unknown

*“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

From The Virtues Project Educator’s Guide, by Linda Kavelin Popov