**Scenario**

**Who Keeps Company with Whom...**

Objective of the lesson:

* You will learn how to find your tribe so that everyday life becomes more enjoyable.

**Don’t be alone**

Make friends with someone who will be your guardian or join a group (real or virtual) where there are people similar to you.

**Find your tribe**

If you want to...

* draw
* run
* climb
* sing
* dance
* sew
* sculpt with clay

Join a group or FIND AT LEAST ONE PERSON who practices that activity.

**The Story of Zosia**

Zosia is 12 years old, loves to draw, and knows that regular practice is very important. Unfortunately, she is not very consistent. Zosia would like to go to an art high school in the future, but she needs to complete a portfolio of her works by then. What do you think? What could help Zosia motivate herself? What group could she join? Write down your ideas.

**Think about it**

And you?

Do you prefer to study alone or with someone?

Do you know what a study buddy is? It's a person you study with – you review and quiz each other together. For some people (not everyone), this form of learning is the most effective. It’s not just for studying.

If you want to build a new habit – for example, running in the park every morning – it's good to have someone to keep you accountable, preferably a responsible friend who will send you a text message once a day. “Did you run? How did it go?” – it’s very motivating.

3 steps to friendship – film.