

Grades: All

Introverts Unite: Collecting Companions for Your Quest

Common Core Standard(s): N/A Enrichment Health/Life Skills/Psychology

Materials Needed: Laptop or Notebook Journal for taking Notes

Class Objective: This class is an extracurricular enrichment class for introverted students who are interested in improving core social skills, finding good mentors, and building supportive friendships with peers. Included are ideas to develop writing groups and stay connected even after the TABC conference is over.

Lesson Plan

1. Watch Sandra Tayler's class "Introverts Unite: Collecting Companions for Your Quest"
2. Have students Notes in their Journals/laptops in Sandra's Class. Write down helpful ideas that resonate with them about how to make and keep good healthy friendships and how to start a writing group.
3. If there is time for group or class discussion, talk about what ideas stood out.
4. Have students set goals to overcome fears and submit their writing in the [TABC CONTESTS](#). & register to attend the next [LIVE TEEN AUTHOR BOOT CAMP](#) with a resolve to meet new like minded people that might also want to keep in touch through a writing group.
5. Have them Reach out to an AMBASSADOR at the Conference to let them know you would like to meet friends/start or join a writing group. They can start early by joining the [Ambassador's Discord writing server](#) and getting to know people online that will be attending the conference and seeing if any other students are interested in writing groups with TABC CLASSROOM. Ambassadors are a great resource.
6. Complete the Following DBT WORKSHEET and Challenge Activity



RELATIONSHIP SKILLS/DBT SKILLS

How is a relationship like a "Bank Account"?

What might be some "withdrawals" in a relationship?

What might be some "deposits"?

In Your Journal Explore what you might do if you are in a relationship where you feel like you are making a lot of deposits and you feel like the other person is not making many deposits, but it is always asking a lot of you or the relationship and you feel like it isn't a healthy balance?

What might you do if you are confronted by a friend who says you are the one taking too many deposits??

HOW DO YOU BUILD A FRIENDSHIP? Check all that apply

- ☐ Go where you can meet people, Spend Time Together, Create Proximity
- ☐ Join or start a Club, Volunteer, Do A Sport, or Get a Job, Take a Class.
- ☐ Invite them to a safe mutually enjoyable activity
- ☐ Listen, Find Common Interests, Talk about that.
- ☐ [Register for STORY CON](#) Largest Teen Writing Conference In the Nation
- ☐ [Join Discord](#) (start chatting before STORY CON let people know you're new)
- ☐ Find the Ambassadors at TABC ask for Help

DBT SKILLS=Dialectical Behavioral Therapy's **Interpersonal Effectiveness** skills are designed to help you get what you need from your relationships while being respectful of yourself and others. If you would like to learn more there are many workbooks, flashcards and YouTube Videos on Helpful DBT Skills for stressful thoughts, feelings and events in our lives.

Check out these Amazon links for helpful techniques to navigate stress & negative emotions. [BEYOND COPING SKILLS Teen Workbook](#), [DBT DECK flashcards](#)

- ☐ [DBT SELF HELP TOONS](#)
- ☐ [DBT SKILLS from Experts](#)

📺 How to Make New Friends - 3 Tips on Finding Real Friends (animated)



CHALLENGE ACTIVITY:

Make a goal to attend the next [LIVE TEEN AUTHOR BOOT CAMP](#) and resolve to meet new friends there that might be like you and want to keep in touch through a writing group. Reach out to an AMBASSADOR at the Conference and let them know you would like meet friends/start or join a writing group

Use the action items you took note on from today's class and take the recommended steps to organize a writing club/group that meets at least monthly either live or over Zoom to share what you've been working on, what books you've been reading, or watch a TABCC Class together and discuss it.

- ☐ FOLLOW UP! Send me an email and let me know what you did to reach out and how it worked out! I'd love to hear your feedback on what you like most about Classroom and the conference experiences and how you incorporate it into your curriculum. sarah-noel@operationliteracy.org

Extra Credit Opportunities:

Offer extra credit incentives to attend live [STORY CON](#) writing conferences or for submitting writing to be awarded and potentially published in the [TwEEN AUTHOR BOOT CAMP 1st Page Contest](#), [TEEN AUTHOR BOOT CAMP: POETRY Contest](#), [Photography Cover Contest](#), [TEEN ANTHOLOGY & FIRST CHAPTER CONTESTS](#).
<https://www.teenauthorbootcamp.com/contests>

**Educators: Earn relicensure credits by attending Educator Base Camp.*

Visit OperationLiteracy.org to find out more about our next **STORYCON™** with [Educator Base Camp™](#), [Teen Author Boot Camp™](#) & [Tween Author Boot Camp™](#) the largest teen writing conference in the Nation! Attend our intensive writing conferences in person to learn from the masters, meet favorite authors and to be a part of a supportive writing community that will help students hone their writing skills, get published and boost their confidence. Join the discord server or start your own writing group or to do TABC Classroom with!

Encourage students to continue working on their writing on weekends, holiday breaks and over the summer. After school clubs and extracurricular writing classes may be organized with students enrolled in a school licensed with TABC Classroom or with those who own a personal subscription.

