



## Friend-a-Thon – Versatile walk and talk activity

"People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other."  
– **Martin Luther King, Jr.**

### What:

Friend-a-Thon is a walking and talking get-acquainted activity. It allows participants in a casual atmosphere to learn things about each other through conversation guided by prompts.

**Supplies:** (Optional) Friend-a-Thon handout and pencil/pen for each participant.

### How:

1. Establish a walking and talking course with cones or markers in a space designed to accommodate the number of people participating (cafeteria, gym, track, classroom, hallway, etc.).
2. The course should have a starting point where participants find a partner. The walking traffic flowing in one direction.
3. Explain to the participants that the goal of the activity is to walk with different people each time you complete one lap around the course. (When using a track, you might consider establishing a starting point at the 200 meter and 400 meter mark).
4. When you raise your hand at the starting point, you are indicating to the group that you are looking for a walking partner.
5. When you find a partner, begin the activity with a handshake and say "hello". Walk the course and find out information about each other. End the time with your partner with another handshake and a "goodbye." Then, raise your hand to find another partner.

### Where and When:

The purpose of the Friend-a-Thon can change depending on the participants and the conversation prompts. Uses could include:

- Classroom activity to establish positive classroom climate
- Inclusive mixer at a social activity or dance
- School-wide fundraiser (similar to a Jog-a-Thon)
- Assembly or lunch time activity to promote school climate
- Sporting event activity to build sportsmanship among rival schools
- Mentor/Mentee activity for relationship building
- Get-acquainted activity to welcome the incoming students and parents to a school

# Friend-a-Thon

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