



What is Lunch Buddies?

Lunch Buddies is a small-group, school-based program for students in 1st–5th grade focused on connection, friendship, confidence, emotional skills, and positive relationships. Groups include no more than 10 students and meet on campus during their school lunch time.

What will our Lunch Buddies do?

Each meeting combines a simple social-emotional theme with a game, challenge, or hands-on activity. Students may play Jenga, UNO, Bop It, Connect 4, conversation games, team challenges, drawing games, Minute-to-Win-It activities and more. The activity gets students engaged. The conversations and connections happen along the way.

When will our Lunch Buddies meet?

Lunch Buddies typically meets twice each month, on either the 1st & 3rd or 2nd & 4th week of the month. We work with each campus to select a consistent day and rotation that best fits the school's schedule.

WHAT TO EXPECT THIS YEAR



FAMILY GUIDANCE
and outreach
est.1982

What is Family Guidance and Outreach?

Family Guidance & Outreach is a Lubbock-based nonprofit dedicated to strengthening children, families, and communities through education, prevention, and connection. Since 1982, we have partnered with schools and community organizations to provide practical, engaging programs that support the social and emotional well-being of children and equip the adults who care for them.

Topics Lunch Buddies Explore:

Getting Connected

- **Focus:** Belonging, getting comfortable & finding common ground
- We might: Play Would You Rather, conversation games, or group challenges.

Friendship

- **Focus:** Making friends, being a good friend & navigating friendship changes
- We might: Play Friendship Jenga or work through "What Would You Do?" scenarios.

Teamwork

- **Focus:** Cooperation, taking turns & encouraging others
- We might: Take on a Bop It team challenge or compete in table-top team games.

Understanding Big Feelings

- **Focus:** Recognizing emotions & learning what to do with them
- We might: Play Feelings UNO, emotion games, or act out silly scenarios.

Kindness & Empathy

- **Focus:** Understanding how our words and actions affect others
- We might: Complete kindness challenges or solve social scenarios together.

Friendship Problems

- **Focus:** Disagreements, exclusion, apologizing & repairing friendships
- We might: Draw scenario cards and decide as a group what we could say or do.

Coping With Stress & Worry

- **Focus:** Identifying stress and finding healthy ways to manage it
- We might: Play Coping Skills Jenga and practice quick calming strategies.

Confidence

- **Focus:** Recognizing strengths, handling mistakes & believing in yourself
- We might: Complete confidence challenges or play games that help students identify strengths in themselves and others.



Topics Lunch Buddies Explore:

Communication

- **Focus:** Listening, expressing yourself & avoiding misunderstandings
- We might: Try telephone drawing, partner challenges, or communication games.

Choices & Problem-Solving

- Focus: Thinking before acting & considering consequences
- We might: Play "Pick Your Path" and work through real-life kid scenarios.

Being a Good Sport

- **Focus:** Winning, losing, frustration & encouraging others
- We might: Have a Bop It, UNO, or Connect 4 tournament and practice good sportsmanship in real time.

Boundaries & Respect

- **Focus:** Personal space, saying no, respecting others & asking for help
- We might: Vote on everyday scenarios using "Yes," "No," and "It Depends" cards.

Celebrating Differences

- **Focus:** Acceptance, individuality & recognizing what makes each of us unique
- We might: Play Same & Different, complete partner challenges, or discover unexpected things we have in common.

Just for Fun!

- Some visits are intentionally focused on FUN and CONNECTION.
- Students might participate in Lunch Buddies Olympics, Minute-to-Win-It challenges, mystery games, LEGO or building challenges, trivia, drawing competitions, or vote for a favorite game. Building relationships is part of the program, too.



Different Ages, Different Stages

The same overall themes can be used across elementary grade levels, but conversations and activities are adjusted developmentally.

Grades 1–2

focus more on identifying feelings, taking turns, kindness, making friends, asking for help, calming down, and basic problem-solving.

Grades 3–5

can explore more complex topics including changing friendships, exclusion, peer pressure, rumors, teasing and bullying, boundaries, confidence, stress, conflict resolution, and age-appropriate digital behavior.



The Goal of Lunch Buddies:

Lunch Buddies is a consistent place where students can belong, connect with peers, practice important life skills, have fun, and build a relationship with a trusted adult.

Family Guidance & Outreach provides a trained facilitator, activities, games, materials, and program planning. We collaborate with campus staff throughout the year to make sure groups continue to meet the needs of their students.

