

SEAL

Modification

**While this modification was inspired by elementary school teachers, we believe these modifications are applicable to students of all ages.*

We received feedback from teachers that the “L” in SEAL feels too final for students because they are reluctant to “lock out” people. They suggested the following changes:

The “L” in Lock can also signify “Leave”. You can leave the friendship for awhile but always come back.

In addition, you can suggest that friendships can be thought of like Velcro.

Sometimes the two pieces are exactly joined together so that it’s even hard to see that they are two pieces. But Velcro can be pulled apart and then put back together again in many ways. So can friendships. They can change, they can separate for awhile and then they can be put back together again. Friendships are flexible, go through ups and downs, and different forms.