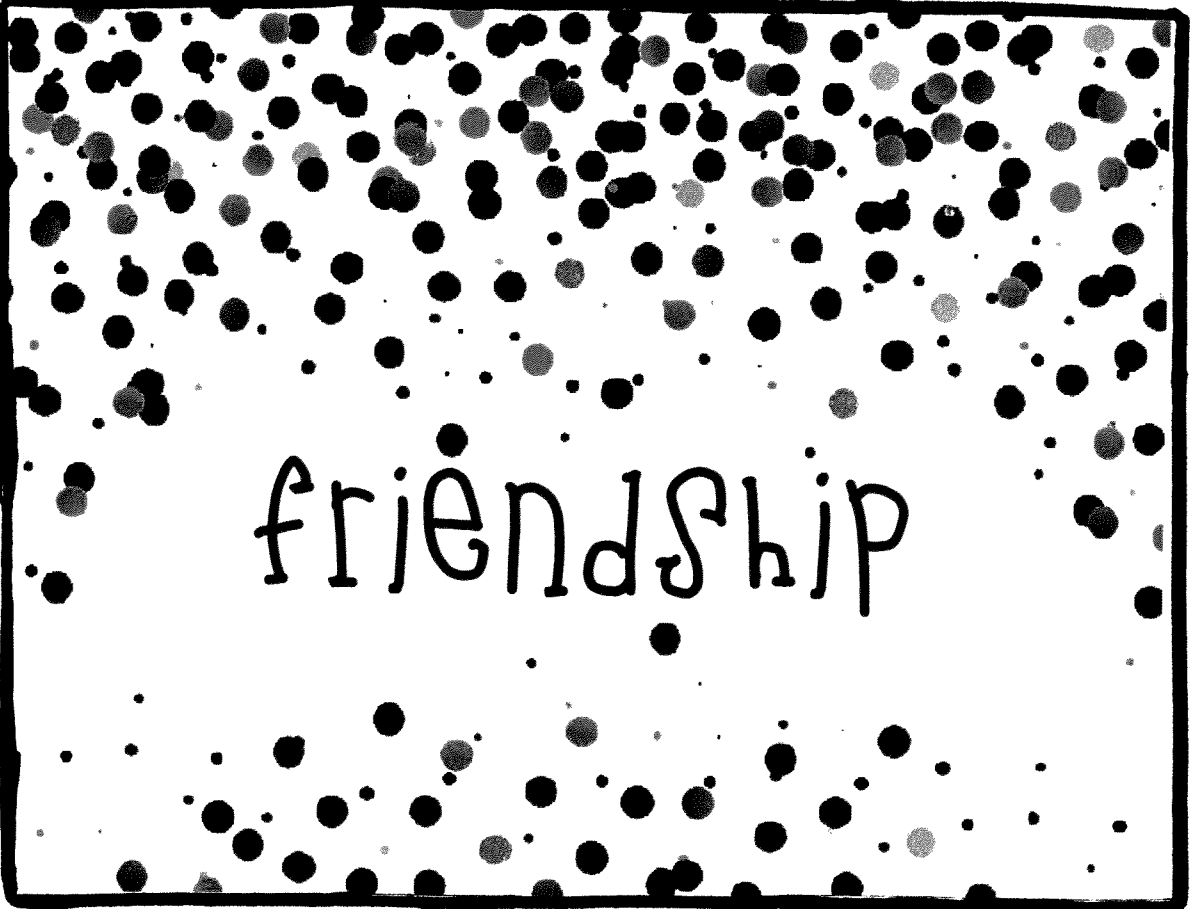




friendship

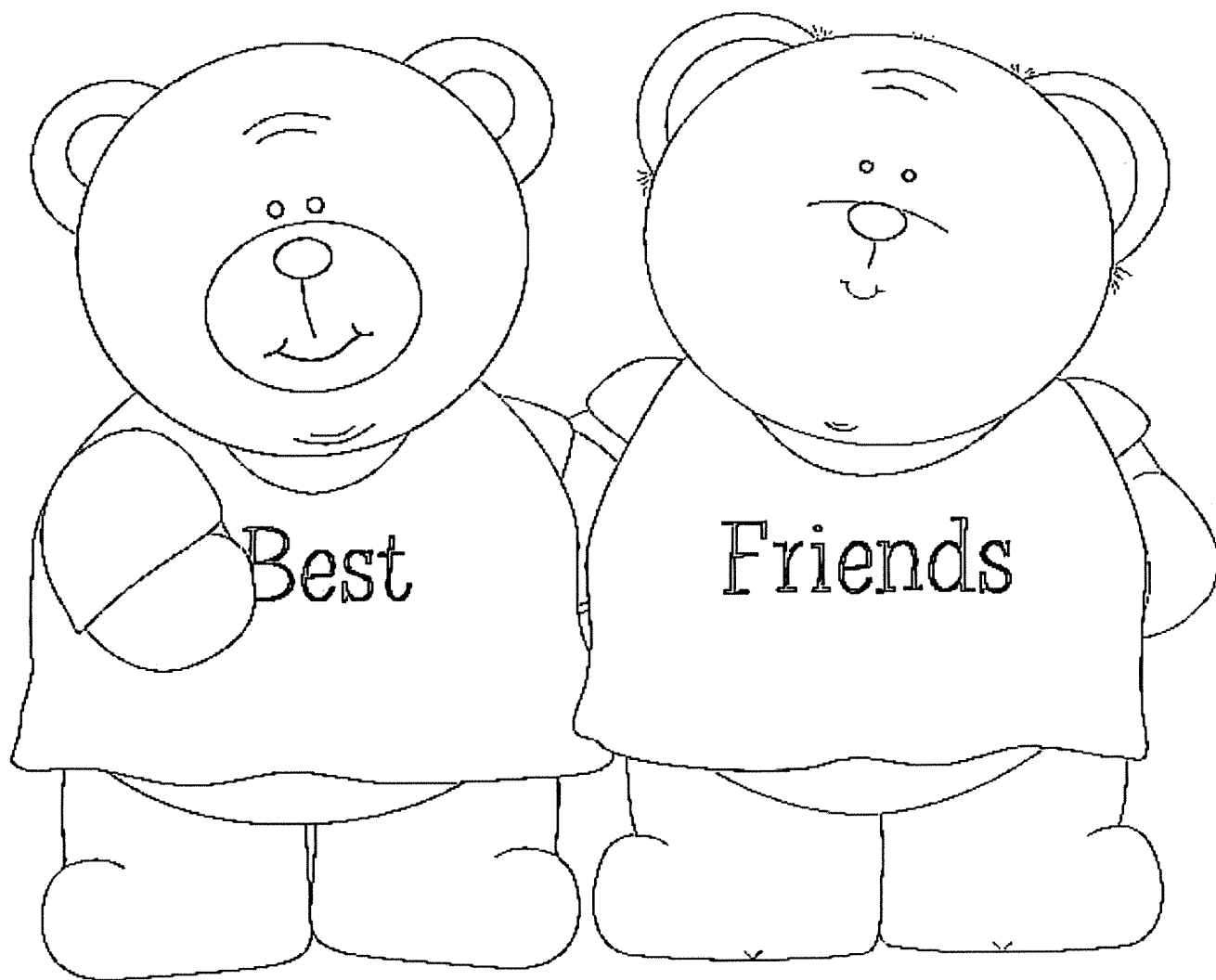
Name _____

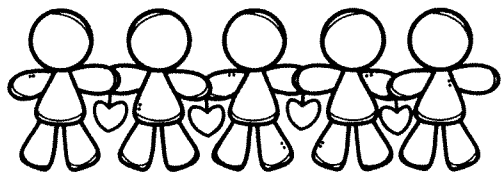
GOOD FRIENDS

Finish the sentence and draw a picture to match.



A good friend





Name _____

Ways to be a friend...

at lunch

at recess

during class

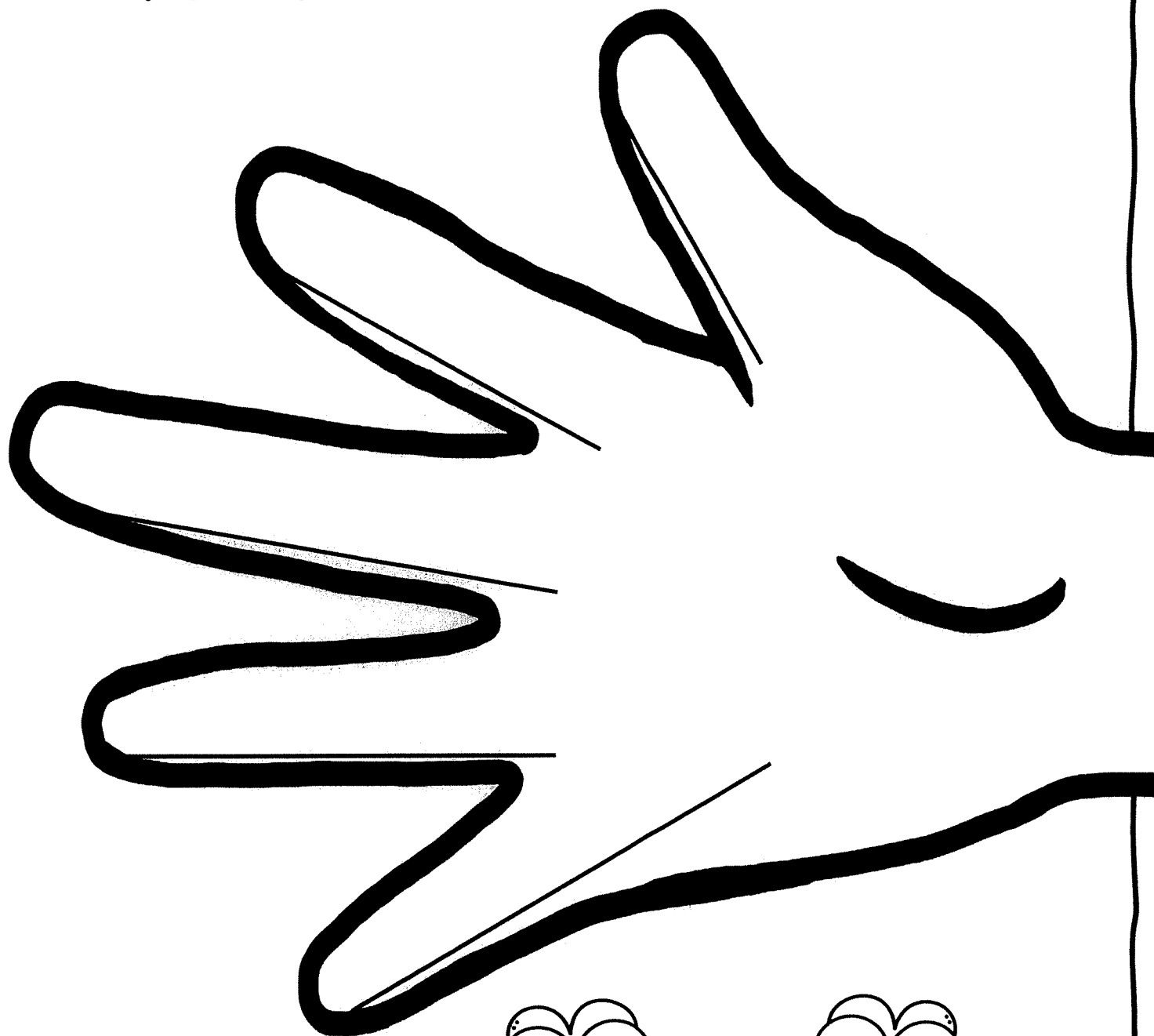
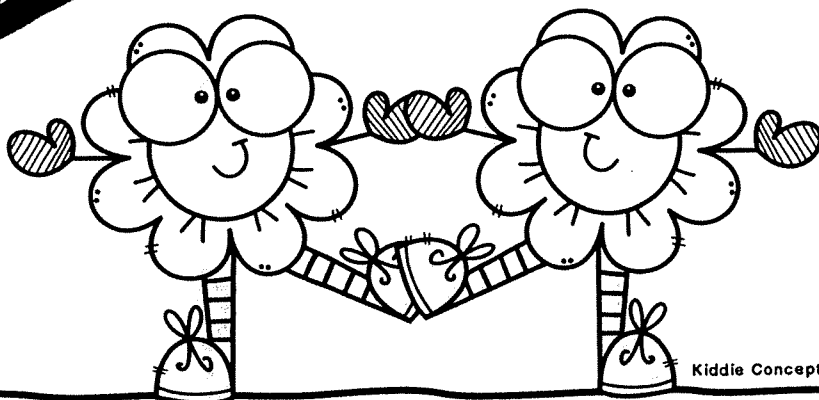
at home

in the hallway

What makes you a GOOD FRIEND?

Name _____

Write 5 words on each finger that
describe characteristics of a
friend.

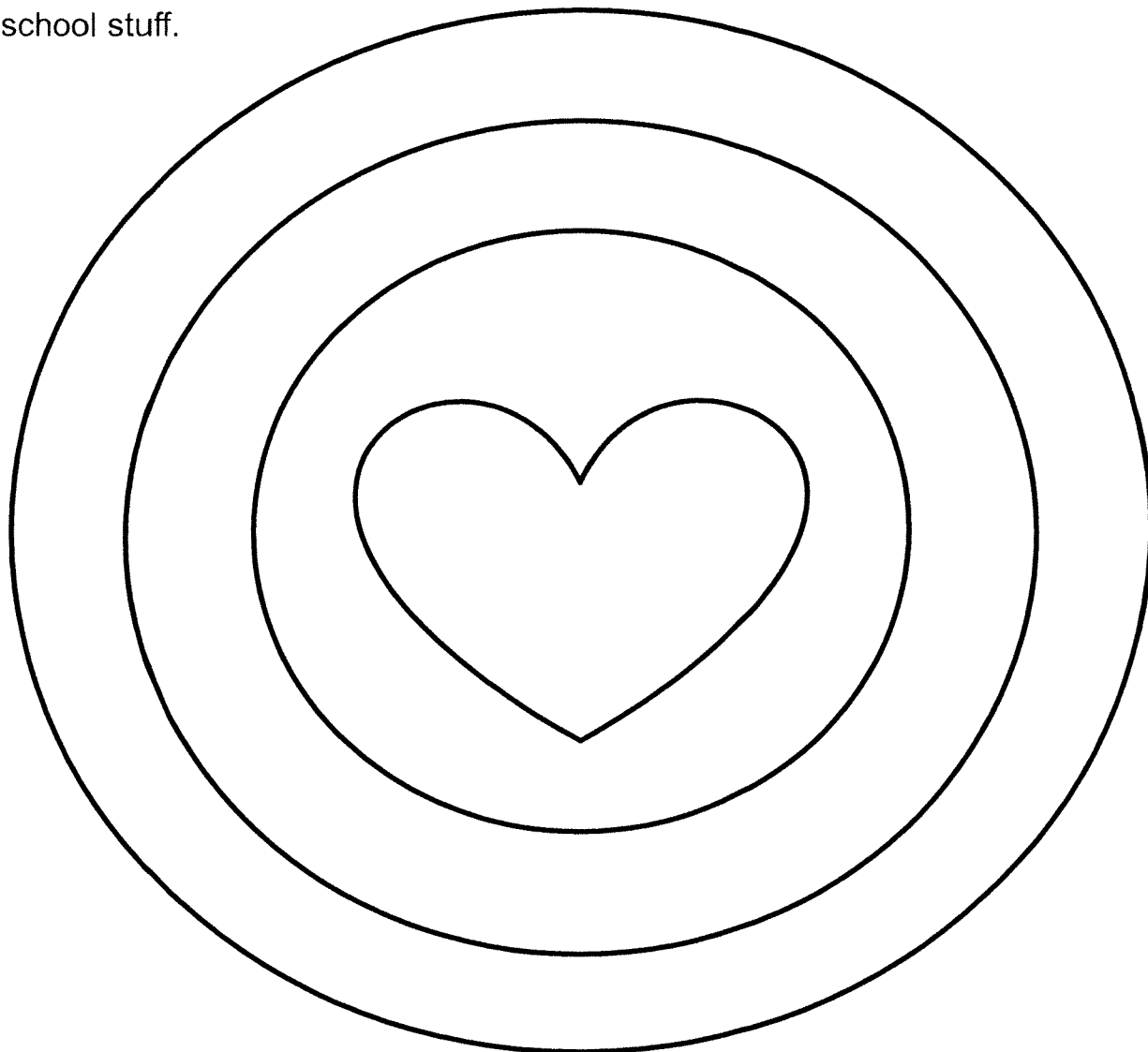


Circle of Friendships

You have different relationships with the different people in your life. Use the image below to help identify the special people in your life!

Directions:

- **Inside the heart:** write the names of people you love or care about the most.
- **Inside the 1st circle around the heart:** write the names of you close friends. Include the names of friends how you either see or talk to outside of school.
- **Inside the 2nd circle:** write the names of your other friends. Include friends you hang out with or talk to at school.
- **Inside the 3rd circle:** write the names of classmates or other people you know at school. Include students who you know but you usually only talk to them about school stuff.



Friendship Traits

Circle the words that can be used to describe your friendship(s).

Angry	Disrespectful	Mean
Annoyed	Easy Going	Nice
Apologetic	Encouraging	Picky
Bossy	Fair	Polite
Charming	Friendly	Positive
Cheerful	Gentle	Reliable
Concerned	Grouchy	Rude
Considerate	Happy	Secretive
Cooperative	Hateful	Sneaky
Cruel	Honest	Thoughtful
Demanding	Impolite	Thoughtless
Dependable	Jealous	Trustworthy
Dishonest	Loyal	Unfriendly

HEALTHY FRIENDSHIPS HAVE A FEW THINGS IN COMMON...

TRUST & HONESTY

AS THE
FOUNDATION
ON WHICH
EVERY
FRIENDSHIP
CAN GROW

RESPECT

BY TREATING
OTHERS THE
WAY WE WISH
TO BE TREATED

GOOD COMMUNICATION

THAT WILL
HELP US
GET TO KNOW
EACH OTHER
BETTER

BOUNDARIES

THAT ARE
CLEAR AND
RESPECTED
SO THAT WE
DON'T STEP
ON EACH OTHER

APPRECIATION

FOR
EACH OTHER'S
UNIQUENESS,
AND
STRENGTHS

EMPATHY

SO THAT WE CAN
TRY TO SEE
FROM THE OTHER
PERSON'S POINT
OF VIEW EVEN
IF OUR OPINION
IS DIFFERENT

FREEDOM

AS FRIENDSHIPS
SHOULD
ALWAYS BE
BASED ON
CHOICE

ABILITY TO

RESOLVE CONFLICTS

BECAUSE WE ARE
NOT ALWAYS
GOING TO AGREE
ON EVERYTHING

ROOM FOR

GROWTH

AS PEOPLE
CHANGE AND
GROW OVER TIME
AND SO DO
FRIENDSHIPS

Friendship Bullying:

- ❖ Not allowing someone to join a group.
- ❖ Leaving someone out of a group.
- ❖ Refusing to share friends.
- ❖ Refusing to work with a classmate.
- ❖ Refusing to sit next to someone in the cafeteria.
- ❖ Eye rolling.
- ❖ Laughing at someone.
- ❖ Sarcasm.

Manipulating behaviors:

- ❖ Giving someone the silent treatment.
- ❖ Forcing a friend to pick sides in a disagreement.
- ❖ Trying to stop two people from being friends.
- ❖ Relaying gossip/rumors to the target of the gossip.

Friendship issue

what i need to do

*Sometimes we need help to get perspective on a situation.
Use these as guides to help you share what is happening
and discuss the best solutions for your situation.*

How big it feels:

1	<ul style="list-style-type: none"> - It feels annoying and childish 	<ul style="list-style-type: none"> - It's a misunderstanding - It can be fixed easily with a reminder or a break - I can figure out how to resolve this on my own - It doesn't affect our friendship in the long run
2	<ul style="list-style-type: none"> - It feels aggravating - It hurts - It's frustrating 	<ul style="list-style-type: none"> - It feels like we can't get past this - I need to step away from the situation - I may need some help to solve this - We need to talk and set things straight - We may need to take a break from each other while we figure things out
3	<ul style="list-style-type: none"> - It feels very confusing - It hurts a lot - I feel angry 	<ul style="list-style-type: none"> - It feels personal and deliberate - I need to step away from the situation and ask for help - I may need to reconsider this friendship - We need to talk and set things straight - We may need to take a break from each other while we figure things out
4	<ul style="list-style-type: none"> - It feels very confusing - It hurts a lot - I feel angry - I feel scared - I feel alone 	<ul style="list-style-type: none"> - It feels personal, deliberate and mean - I need to ask for help - I need to distance myself from this person/group - I need help to see how to move past this - I need to find a support group (friends/parents/teachers) to help me deal with this - I need to stand up for myself and make sure this doesn't happen again
5	<ul style="list-style-type: none"> - It feels very frightening - It hurts a lot - I feel angry - I feel scared - I feel alone - I don't feel safe 	<ul style="list-style-type: none"> - I need to ask for help right away - I need to bring this to someone's attention and keep talking about it until it gets resolved - I need to move away from this person/group right away - I need to find a support group (friends/parents/teachers) to help me deal with this - I need to find support to help me stand up for myself and make sure this never happens again

Friendship issue

what to do?

Sometimes we need to step back and look at different options and solutions to find the answer to a problem.
Write your problem in the space provided. Think about the different solutions suggested here
and decide if one of them could help you with your friendship problem.

Friendship Problem:

Apologize for my part in the problem

Talk to a parent/teacher or someone
I can trust

Step back and give myself time to
reflect about what I want

Give the other person a second chance

Talk it out with the person/people involved

Try to separate the drama from the issue

Re-evaluate this friendship

Forgive, forget and move on

Get help as soon as possible

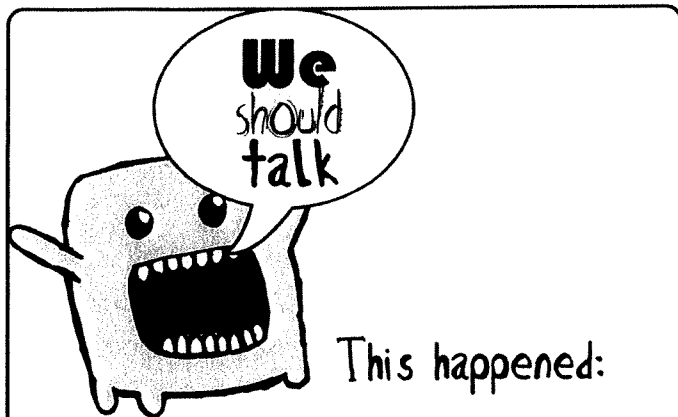
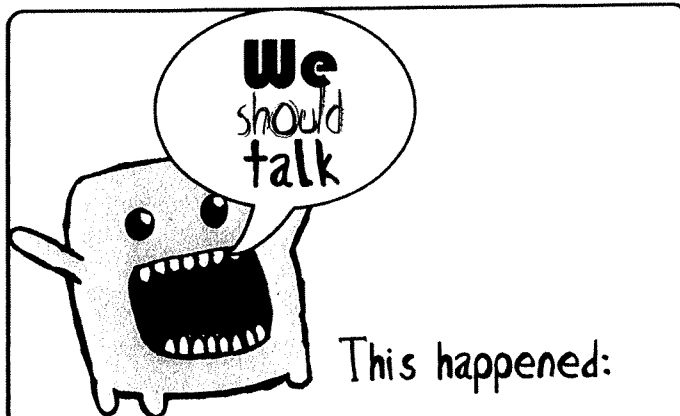
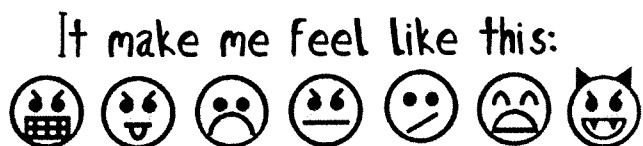
Find a compromise

Avoid this person from now on

Give myself a chance to fix my mistake

Give myself time to heal

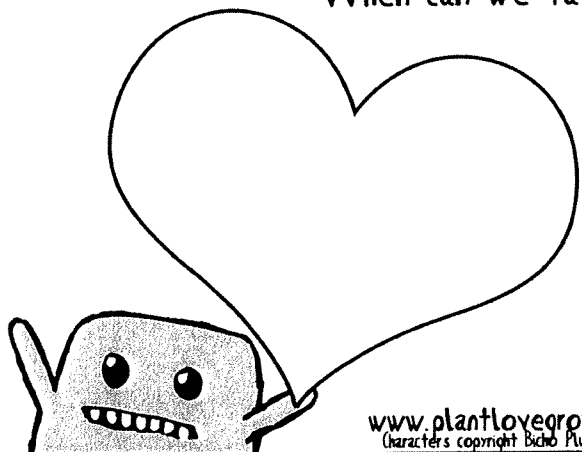
Show love towards myself or someone else



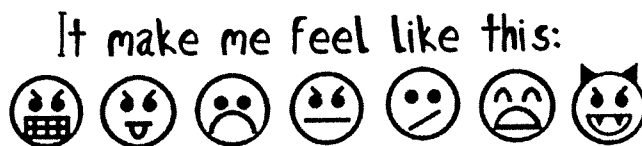
Or in actual words, like this:

You are important to me.
I want to talk and work things out.

When can we talk?



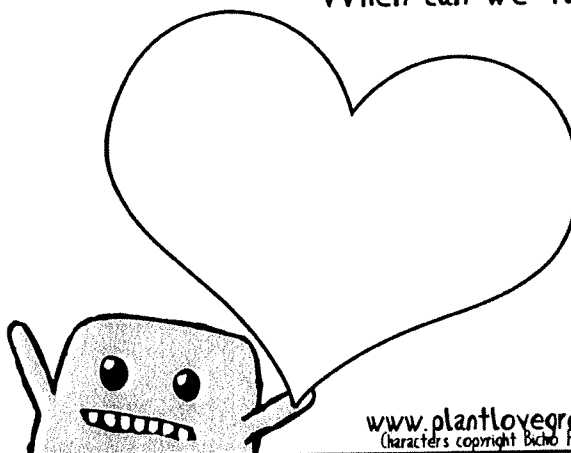
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You are important to me.
I want to talk and work things out.

When can we talk?



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