PHASE
Friendship
SEPTEMBER 2020

By the time kids hit upper elementary, they begin to realize their first major crisis: **Friendship**.

This isn't just something that happens to our fourth and fifth graders. Believe it or not, research is beginning to show that by kindergarten many kids are testing the power of their influence and seeking connections with friends at any cost.

Meaning, as soon as they become aware there are other people in the world besides them, they start making decisions based on the sort of friends they want to attract.

Here are a few ways you can help your elementary kids develop friendships.

- Help them develop self-confidence.
- Widen the circle of people around them to include adults you trust.
- Ask questions about what's happening in their friendships.
- Don't freak out! Every Phase is new for your child and you as a parent, so there will be some bumps in the road.

So don't miss it. Developing friendships is a part of being a kid, and each one is learning as they go.

SAY IT:

Friendship means using your words and actions to show others you care.

KNOW IT:

ASK A KID:

- What are some things that your best friend does to make you feel special?
- Who are some adults you know that are good friends?

ASK A GROWN UP:

- Has there ever been a time where a friend let you down? Explain.
- Share a story of a time you were a good friend to someone who was in a difficult situation.

SEE IT:

Discuss the movie *Trolls* as a family. Specifically talk about how Poppy and her other troll friends and family look past their differences with Bridgett and the other Bergens and make an effort to say or do something nice to show that they care.

BE IT:

A couple nights each school week ask your child(ren) how he/she was a good friend to someone at school that day. Examples might be:

- Made an effort to welcome a new student
- Defended a classmate when they were being treated unfairly
- Let an adult know when a student needed help
- Shared a snack with someone who didn't bring anything

Core