What Makes a Good Friend?

Friendship is a set of skills. Everyone can practice them.

Name: _____ Date: _____

Good friend qualities

Check the ones that matter to you. Circle your top 3.

- [ ] is kind
- [ ] is honest
- [ ] is fun
- [ ] plays fair
- [ ] listens to me
- [ ] shares
- [ ] says sorry
- [ ] keeps safe secrets
- [ ] sticks up for me
- [ ] includes others
- [ ] is happy for me
- [ ] respects my "no"

Friendly or not friendly?

Read each one. Check F for friendly or N for not friendly.

- F [ ] N [ ] Saves me a seat at lunch
- F [ ] N [ ] Asks "Are you OK?" when I'm sad
- F [ ] N [ ] Laughs when I make a mistake
- F [ ] N [ ] Only plays with me when no one else is around
- F [ ] N [ ] Asks what I want to play
- F [ ] N [ ] Takes turns on the swing
- F [ ] N [ ] Says "You can't play with us"
- F [ ] N [ ] Says "I won't be your friend if..."
- F [ ] N [ ] Says "Good game!" after losing
- F [ ] N [ ] Says sorry and means it
- F [ ] N [ ] Tells my secret to the class
- F [ ] N [ ] Pushes in line to get first

I am a good friend when I...

_____

_____

_____

_____

One friend skill I want to practice is...

_____

_____

_____

_____

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Joining In and Talking

Fit in with what kids are already doing, then ask. A no is OK. Try again later.

1 — Watch
What are they playing? What are the rules?

2 — Get close
Move nearby with a friendly face. Wait for a pause.

3 — Fit in
Say something about their game: "Nice shot!"

4 — Ask or offer
"Can I play?" or "I can be the goalie."

If they say no: Stay calm, say "OK, maybe next time," and try another group.

My joining in plan

Where: _____ When: _____

What I will say: _____

_____

Conversation starter cards: cut along the dashed lines

- What did you do this weekend?
- What is your favorite game?
- If you could have any pet, what would it be?
- What is the best thing about today?
- What show or book do you like right now?
- Would you rather fly or be invisible?
- What are you really good at?
- What is your favorite food?
- Where would you go on a dream trip?
- What makes you laugh?
- What do you like to do at recess?
- What would you build with a million blocks?

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Friendship Check-Up

Look at what a friend does, not just who they are. Every friendship has ups and downs.

Green: healthy

Kind words, takes turns, listens, includes me, says sorry, respects my no.

What to do: Enjoy it. Be a good friend back.

Yellow: check it

Sometimes bossy or jealous, leaves me out now and then, teasing that stings.

What to do: Use an I statement. Spend time with other friends too.

Red: stop and tell

Hurts me, threatens, "I won't be your friend if...", spreads rumors, gangs up.

What to do: Get away and tell a trusted adult. Do not handle it alone.

Think about one friendship

Friend's first name or initial: _____

Most of the time this friendship feels: ○ green ○ yellow ○ red

How do I feel after we spend time together? _____

One thing I want to say or do: _____

Fix a friendship: 4 repair steps

1 Cool down
Take a breath. Wait until I am calm.

2 Say what I did
"I said your drawing was bad."

3 Say sorry
Mean it, and say how they might feel.

4 Make it right
"Next time I will... Want to play?"

Trusted adults I can talk to about friends

At school, at home and in my community.

At school:	At home:	Somewhere else:
_____	_____	_____
_____	_____	_____

Kids I could get to know better

Someone who likes the same things I do, and one way I could say hi.

_____

_____

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