Friendship Group Steps

Kind, fair and brave: name it, cool down, speak up and repair.

Name: _____ **Date:** _____

1. Safety first

Unsafe or a crisis?
Get help first.

2. Agreements

Kind words.
No names of
kids not here.

3. Friend check

How do I feel
with this friend?

4. Name it

Rude, mean,
or bullying?

5. Cool down

Calm my body
before I reply.

6. Detective

Facts first,
then three reasons.

7. Speak up

I feel ...
when ...
I need ...

8. Stand with

A safe move,
then tell an adult.

9. Repair

Own it, fix it,
do it differently.

What this group is and is not

Practice for healthy friendships, upper elementary.

Is Skill practice for grades 3 to 5	Friend checks, calm replies, repair
Is not Not a treatment by itself	A punishment or a forced friendship
Care Report harm as your school requires	Counselor, family, 988 if unsafe

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Bullying, threats or harm at home? Tell a trusted adult right away.

Not affiliated with ASCA, CASEL or any named program.

Words to try

- “I felt left out. Can I join next time?”
- “That rumor is not mine to pass on. I’m done with it.”
- “I’m sorry I said that. Next time I will talk to you first.”

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My Friendship Plan

What I want in a friend, what I bring, and my next kind step.

Name: _____ **Date:** _____

My friendship check

Something I look for in a friend: _____

Something I bring to a friendship: _____

A friendship that feels hard (no names): _____

How it feels in my body: _____

Skills I want to use

A way I cool down before I reply: _____

Another reason someone might do that: _____

An I-statement I can use: _____

A safe way I can stand with someone: _____

Kind is not the same as close. I can: _____

My next step, repair, and helpers

One kind step this week: _____

If someone is mean to me, I will: _____

Help: an adult at school: _____

Help: an adult at home: _____

Repair: what I can say or do: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Tell an adult if anyone is not safe

More notes:

_____

_____

_____

_____

_____

_____

_____

_____

_____

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Friendship Moments Log

What happened, what I chose, and what I will try next time.

Name: _____ **Date:** _____

Day	What happened	Rude, mean, bully?	What I chose	Next time
1				
2				
3				
4				
5				
6				
7				

Friendship pocket cards (cut out)

Safety
988 · HOME · 911

Friend check
How do I feel with them?

Name it
Rude, mean, or bullying?

Cool down
Breathe before I reply

Detective
Facts, then 3 reasons

Speak up
I feel ... I need ...

Stand with
Stand near, then tell

Repair
Own it and fix it

Choose
Kind, not always close

Not a treatment. 988 · HOME 741741 · 911 · Tell an adult if anyone is not safe

A time I was a kind, fair or brave friend this week:

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L&T

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The complete, ready to print version is here:

Girls Friendship Group Curriculum

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607902300 | instant digital download

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