



TRAINING NETWORK

MAKING FRIENDS

CHILD RESOURCE



Friends make life more fun and help us feel happy and supported. Everyone can make friends!

Be kind. Be you. Be a good friend!



WHAT IS A FRIEND?

A friend is someone who:

- ♥ Is kind and caring
- ♥ Listens to you
- ♥ Makes you feel happy
- ♥ Respects you
- ♥ Is there for you
- ♥ You can have fun with!



Remember: A good friend treats you the way you want to be treated.



HOW TO MAKE FRIENDS

Try these simple ideas:

- ★ Say hello and smile
- ★ Introduce yourself
- ★ Ask questions
- ★ Listen to what they say
- ★ Find things you both like
- ★ Invite them to play
- ★ Be kind and include others

Hello!

What games do you like?

Can I play too?



Remember: It's OK to be yourself. The right friends will like you for who you are!



BE A GOOD FRIEND

Good friends:

- ✓ Are kind and helpful
- ✓ Share and take turns
- ✓ Listen and show you care
- ✓ Encourage each other
- ✓ Say nice things
- ✓ Forgive mistakes
- ✓ Include others



Remember: Little acts of kindness make a BIG difference!

WHAT CAN I SAY?

Here are some kind things you can say:



Hi! What's your name?

When you meet someone new.



Do you want to play?

When you want to include someone.



That was great!

When someone does something well.



I like that too!

When you find something you both enjoy.



Are you OK?

When someone looks sad.



FRIENDSHIP REMINDERS

- ✓ Be kind.
- ✓ Be honest.
- ✓ Listen.
- ✓ Share.
- ✓ Include others.
- ✓ Say sorry if you make a mistake.
- ✓ Forgive.
- ✓ Have fun together!



FRIENDSHIP JAR

Write or draw kind things you can do for your friends. Fill your jar!



Share my toys

Listen when they talk

Say something nice

Invite them to play

Help them when they need it

Cheer them up



FRIENDSHIP CHALLENGE

Try one new way to be a good friend each day this week!

MONDAY	I said hello to someone.	★
TUESDAY	I shared or took turns.	★
WEDNESDAY	I gave someone a compliment.	★
THURSDAY	I included someone in my game.	★
FRIDAY	I helped a friend.	★
SATURDAY	I spent time with a friend.	★
SUNDAY	I did something kind.	★



Well done! You are an amazing friend!



DRAW YOUR FRIENDS

Draw a picture of you and your friends doing something fun together!



FRIENDS MAKE THE WORLD A BETTER PLACE!

Be a good friend and you will have good friends by your side.

You've got this!



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