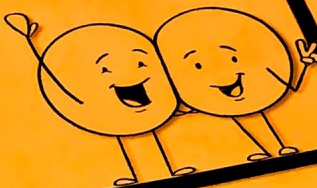


MAKING AND KEEPING FRIENDS FLIPBOOK

MY FRIENDSHIP PLAN

Name: _____



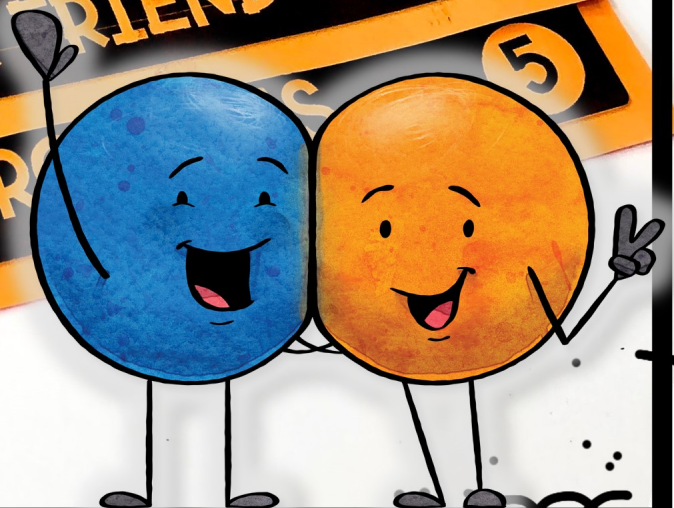
FRIENDSHIP IS IMPORTANT ①

FRIENDSHIP MATCH ②

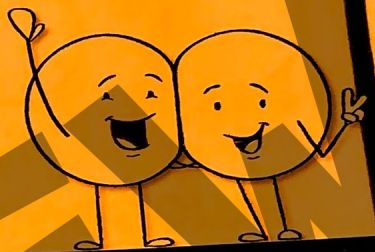
YES, NO, DO, AND DON'T ③

WAYS TO BE A FRIEND ④

SOLVING PROBLEMS ⑤



MY FRIENDSHIP PLAN



Name: _____

FRIENDSHIP IS IMPORTANT 1

FRIENDSHIP MATCH 2

YES, NO, DO, AND DON'T 3

WAYS TO BE A FRIEND 4

SOLVING PROBLEMS 5

Having **FRIENDS** is awesome
and important.

It can also be a little
challenging sometimes
to make friends and
keep them.



What are two reasons why friendship is important to you?

1.

2.

FRIENDSHIP IS IMPORTANT 1

FRIENDSHIP MATCH 2

YES, NO, DO, AND DON'T 3

WAYS TO BE A FRIEND 4

SOLVING PROBLEMS 5

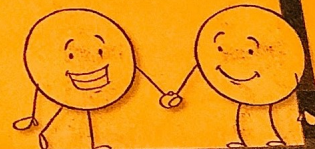
How do you know if someone would be a **GOOD FRIEND** for you?

1. They have some things in common with you, or some similar interests, like _____ or _____.
2. You feel good when you are with them. They have the traits you want in a friend like _____ or _____.
3. You want to spend time with them.

Here are some people I want to
BECOME friends with:



Here are some people it's
important I **STAY** friends with:



FRIENDSHIP MATCH

2

YES, NO, DO, AND DON'T

3

WAYS TO BE A FRIEND

4

SOLVING PROBLEMS

5

FRIENDSHIP TRUE OR FALSE



- ___ Friends never argue
- ___ Friends like all of the same things
- ___ Friends think about how each other is feeling
- ___ Friends might spend time with other people sometimes
- ___ Friends need to give each other things
- ___ Friends can make fun of each other whenever they want
- ___ Friends say "You can only be my friend if..."
- ___ Friends keep each others' secrets as long as no one is in danger
- ___ Friends only play with each other

Which of these things do you need to do **MORE** of in order to be a great friend?

- ☐ Asking people about themselves
- ☐ Congratulating people when they do well
- ☐ Listening to others
- ☐ Being helpful
- ☐ Finding things you have in common with others
- ☐ Being yourself
- ☐ Including others
- ☐ Being flexible (it's okay if things don't go my way)

Which of these things do you need to do **LESS** of in order to be a great friend?

- ☐ Bragging about yourself
- ☐ Telling other people what to do
- ☐ Blaming people
- ☐ Interrupting when people are talking
- ☐ Breaking promises
- ☐ Lying
- ☐ Bothering people when they're working
- ☐ Saying mean things to or about people

YES, NO, DO, AND DON'T

3

WAYS TO BE A FRIEND

4

SOLVING PROBLEMS

5

There are lots of ways to be a great friend. Here are some examples. Read them, and then add your own.

RESPECT



TRUST

Some kids in class were making fun of Liam's new haircut. Evan agreed that it looked strange, but he didn't join in with the laughing. Instead, he tried to change the subject.

Your example:

Alexis promised to play a game online with her friend Maleah after school, but when she got home, she saw her brother had a new toy she wanted to play with. She decided to keep her promise and played with Maleah.

Your example:

SUPPORT + ENCOURAGEMENT

Kaya was feeling super nervous about having to present her project in front of the class. Donovan told her "You can do it, I know you'll do a great job! If you get scared, just look at me."

Your example:

LISTEN



Isaiah was having a really bad day. Leah thought that some of it was his fault, but she knew that he really needed someone to listen to him while he talked about things, so she made sure to be there for him.

Your example:

WAYS TO BE A FRIEND

4

SOLVING PROBLEMS

5

PROBLEMS are a normal part of friendships. Sometimes friends disagree, and sometimes people make mistakes.



What are 2 problems that you have had with friends before?

•

•

What can you do???

1. Tell them how you feel.

I feel _____

when you _____

Can you please _____ ?

I feel sad when you ignore me at recess. Can you please include me next time?



2. Apologize

Imagine you were joking around with your friend and said something you thought was funny that really hurt their feelings. How can you apologize?



3. Compromise

What if you and your friend disagreed about what to do on a project you were working on together. How could you compromise with your friend?

Pick one person to ask a question about themselves.

Name: _____

What will you ask them?

Pick one person to invite to do something with you.

Name: _____

How will you ask them?

Pick someone to say something supportive or encouraging to.

Name: _____

What will you say to them?

ACTION STEPS

6

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

