

# What makes a good friend

To think about what is important in a friend and improve friendships

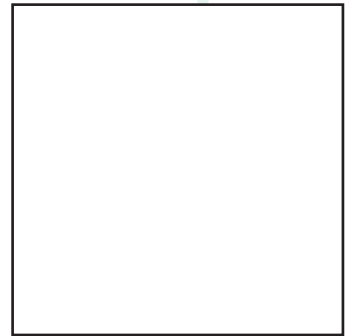
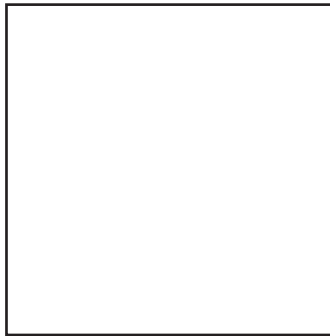
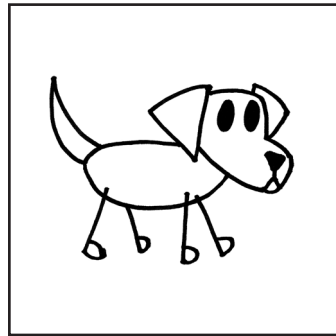
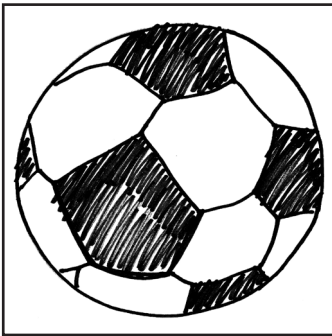
You will need



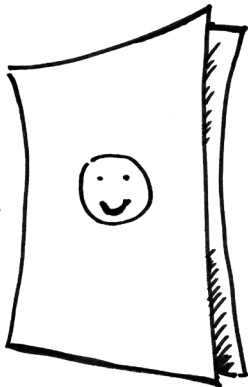
Help your child complete the activities.

My friends name \_\_\_\_\_

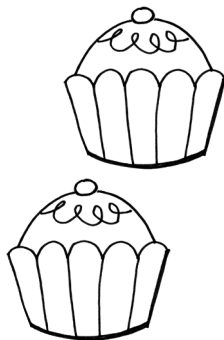
What we both like.



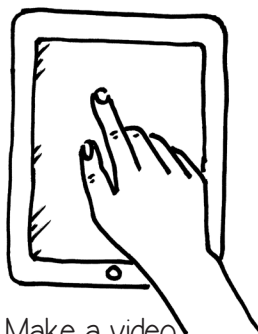
Make your friend something they would like.



Make a card

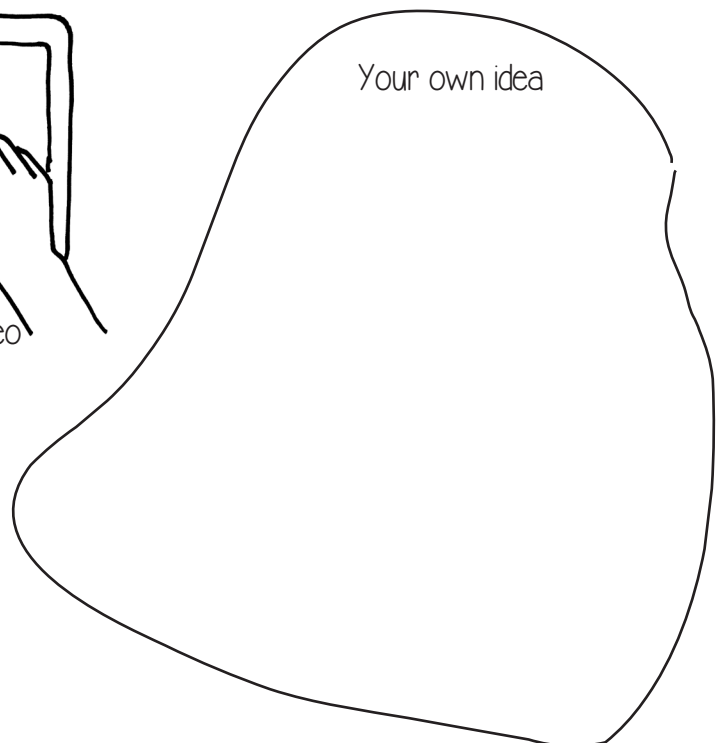


Bake some cakes



Make a video message

Your own idea



# What makes a good friend

To think about what is important in a friend

You will need



Each complete a list of what you think is important in a friend.

Things that are important in a friend:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Things that are important in a friend:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## Let's talk...

Both you and your child think of three friends. Ask each other: What do you like most about each of these friends?

# Feelings toolbox

To increase your child's abilities to cope with loneliness and rejection

You will need



Help your child to create a 'toolbox' - how to feel better if you are lonely or feel rejected

## The Golden Rules for a Good Solution!

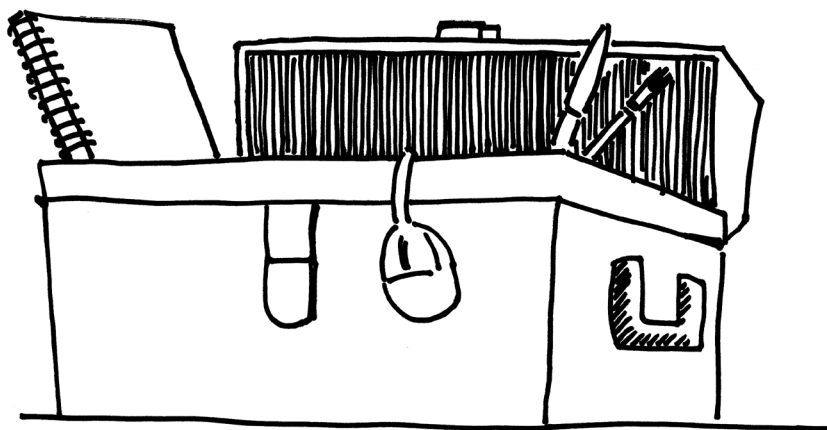


It makes me feel better



It doesn't hurt me or anyone else

cuddle my  
teddy bear



talk to friends  
and family

See if together you can think of one thing that your child can keep with them, to comfort them when they feel lonely or rejected - a picture, a small toy or even a magic word.

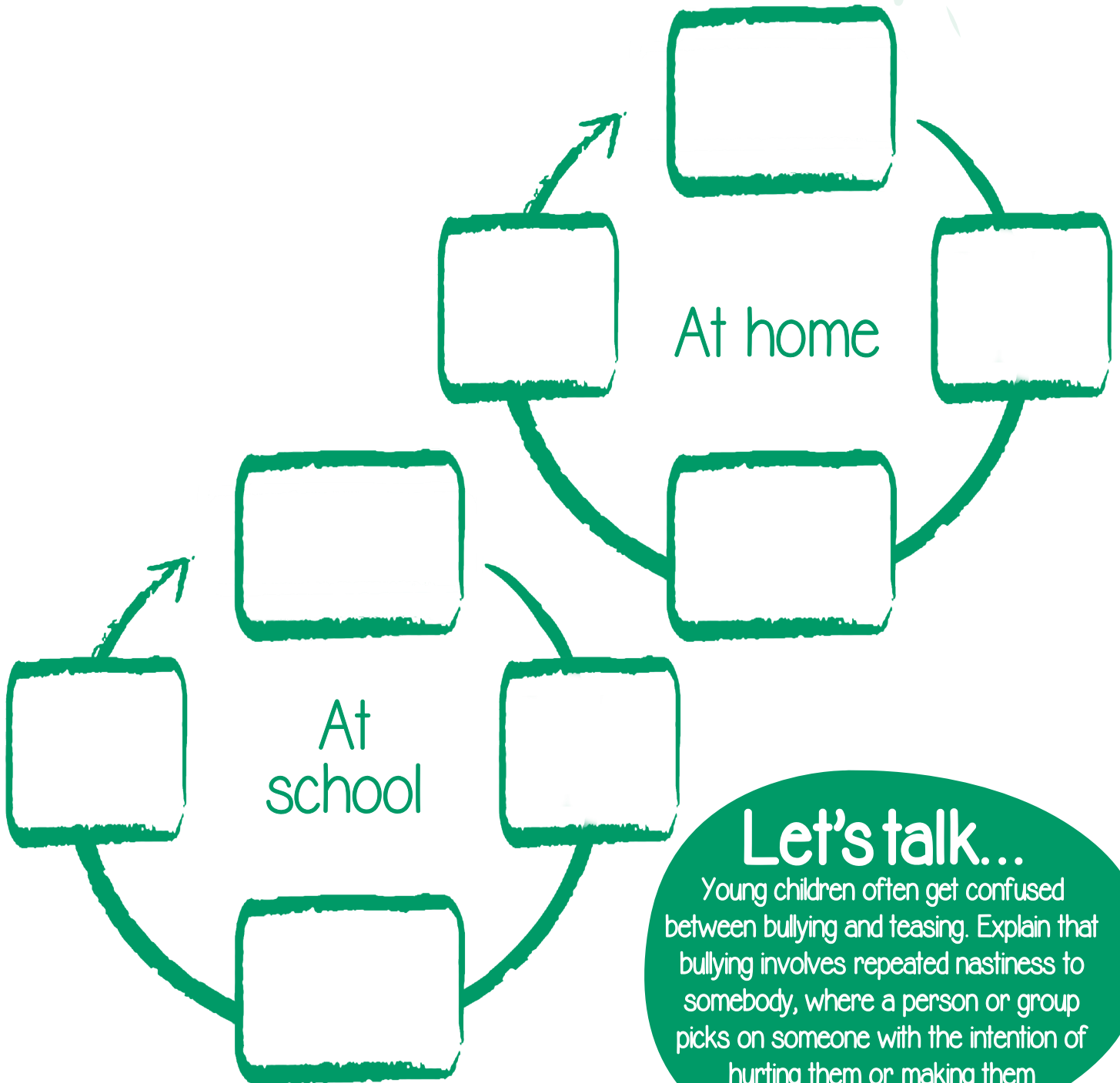
# Beating bullying

To improve your child's abilities to deal with situations involving bullying

You will need



Ask your child to draw or stick pictures of the people who they would turn to if they were worried, scared or needed help.



## Let's talk...

Young children often get confused between bullying and teasing. Explain that bullying involves repeated nastiness to somebody, where a person or group picks on someone with the intention of hurting them or making them feel bad.