



Greetings White Gum Valley Primary School Community,

Welcome to Term 4!

I trust that everyone had a great school break, and are ready for term four?

I definitely think that this term will fly by, and before we know it Michael Buble' will be out of his cave singing Christmas songs again! Today, I thought I would share on the topic of how to help your child develop healthy friendships. For example: 1. Know how to maintain the friendships 2. Ask themselves, "What does being a good friend look like?"

Knowing how to develop and maintain healthy friendships is key for a child's social skills, and also for their relationships with others. Life Ed is a really good online program in helping children learn about how to be a good friend. It has a program course that goes through 4 stages of building healthy friendships. They talk about making a friendship garden to help learn about what does a good friend look like, including some fun interactive activities. Below I have attached some resources that I find helpful when talking to students about this topic on friendships.

Here is the link for Life Ed: <https://lifeed.org.au>

From your Chappy!



Recipe for Friendship Pie

Ingredients

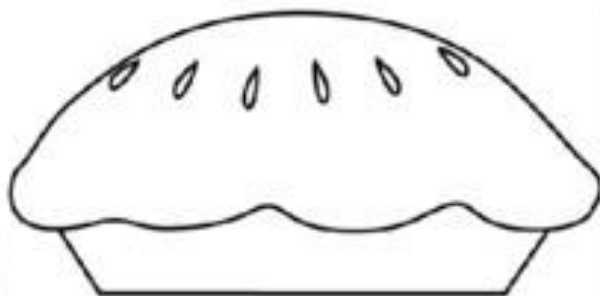
A spoonful of _____

Two dashes of _____

A pinch of _____

One squeeze of _____

Half a cup of _____



The Joy of

Name: _____



I Can Be a... **GOOD FRIEND!**

| ✓ Good Choice | Poor Choice |
|---------------|-------------|
| | |
| | |
| | |
| | |

I laughed at her when she was sad.

I talked when he was talking.

I let her go first.

I shared with him.

I asked her if she needed help.

I yelled at her.

I told him the truth.

I was bossy.



Name: _____

Be a Better Friend

3 ways I could be more friendly are:

1.

2.

3.

3 ways I could be kinder are:

1.

2.

3.

What would you do?

1. If you saw somebody without a lunch?

2. If you saw somebody playing all by themselves at recess?

3. If somebody from your classroom was being picked on?

Is My Friend a *Good* Friend?

Read the list below and check the sentence if it describes your friend!

- They try to be there for me whenever I need them
- They share their feelings with me
- They let me know when they think I'm making a poor choice
- They try not to hurt my feelings
- If they do hurt my feelings, they always apologize
- They try to help me feel better when I am sad, anxious, or upset
- They care about the things that I'm interested in
- They are honest with me, and I can trust them
- They support me when I make good choices
- They respect my opinions
- They share and take turns with me
- They give me compliments
- They stand up for me all the time
- They speak kindly to me even when they're mad
- They encourage me even when I make mistakes
- They make time for me but give me space when I need it
- They listen when I talk about things that are important to me
- They do or say things to make me laugh and feel happy
- They say nice things about me when I'm not around
- They reach out to me whenever they need my help



If you checked most of these, that means you probably have a good friend! If most of these are unchecked, then you might have to question if your relationship with your friend is a healthy one.



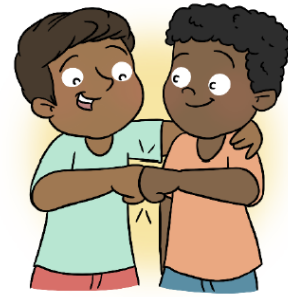
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Am I a Good Friend?

Read the list below and check the sentence if it describes you!

- I try to be there for my friends whenever they need me
- I share my feelings with my friends
- I let my friends know when I think they're making a poor choice
- I try not to hurt my friend's feelings
- If I hurt my friend's feelings, I always apologize
- I try to help my friends feel better when they are sad, anxious, or upset
- I'm honest with my friends, and they are able to trust me
- I care about the things that my friends are interested in
- I share and take turns with my friends
- I respect my friend's opinions
- I support my friends when they make good choices
- I treat my friends how I want to be treated
- I stand up for my friends all the time
- I compliment my friends
- I encourage my friends even when they make mistakes
- I make time for my friends but give them space when they need it
- I listen when my friends talk about things that are important to them
- I do or say things to make my friends laugh and feel happy
- I say nice things about my friends when they're not around
- I reach out to my friends whenever I need their help



If you checked most of these, that means you're probably a good friend! The ones that you didn't check will give you an idea of what you may need to work on to be a better friend!



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