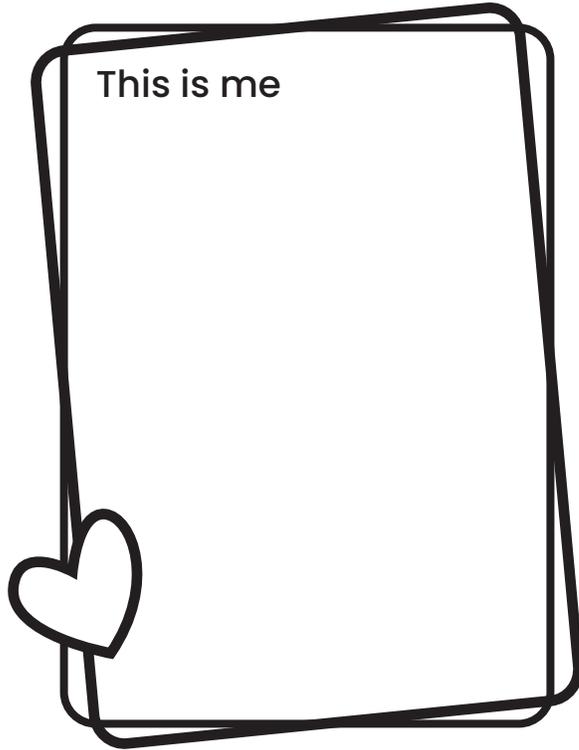


FOCUSING ON FRIENDSHIP!

An Activity Book for Kids

★ ALL ABOUT ME ★

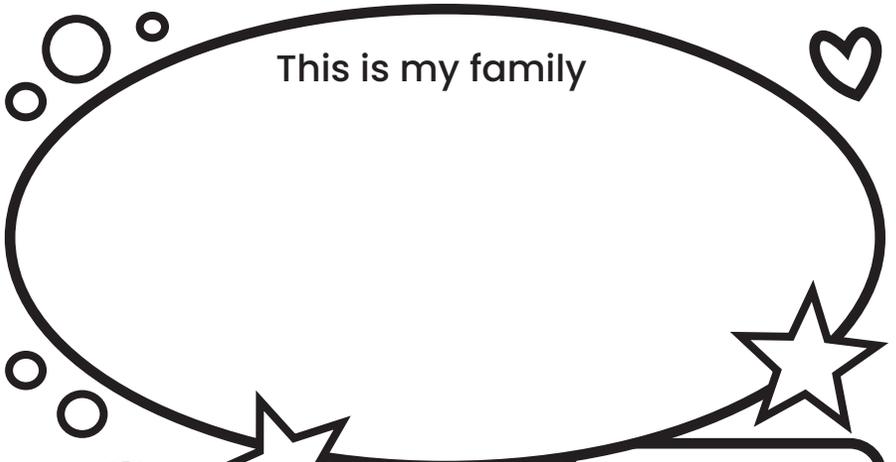
This is me



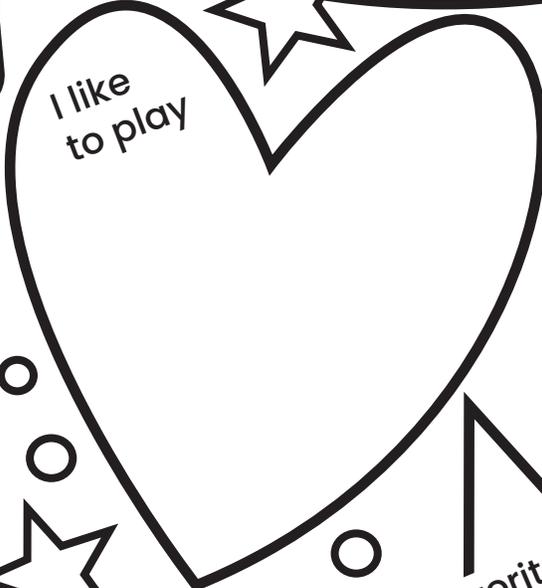
My name is



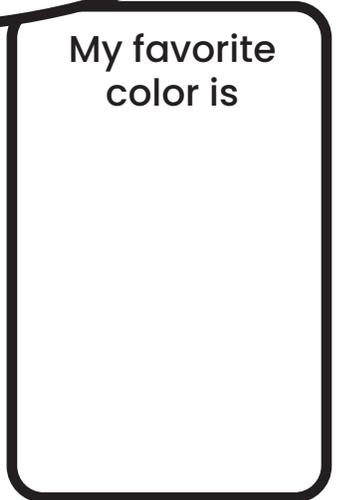
This is my family



I like to play



My favorite color is



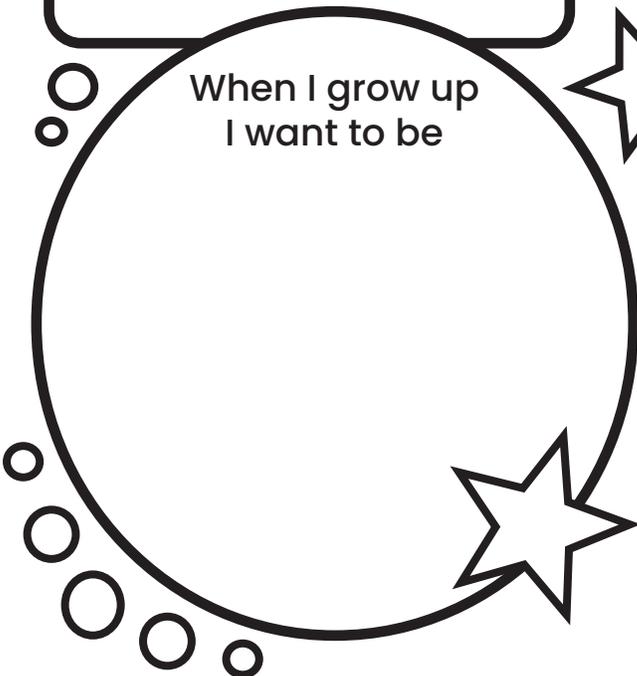
My favorite place is



My favorite food is

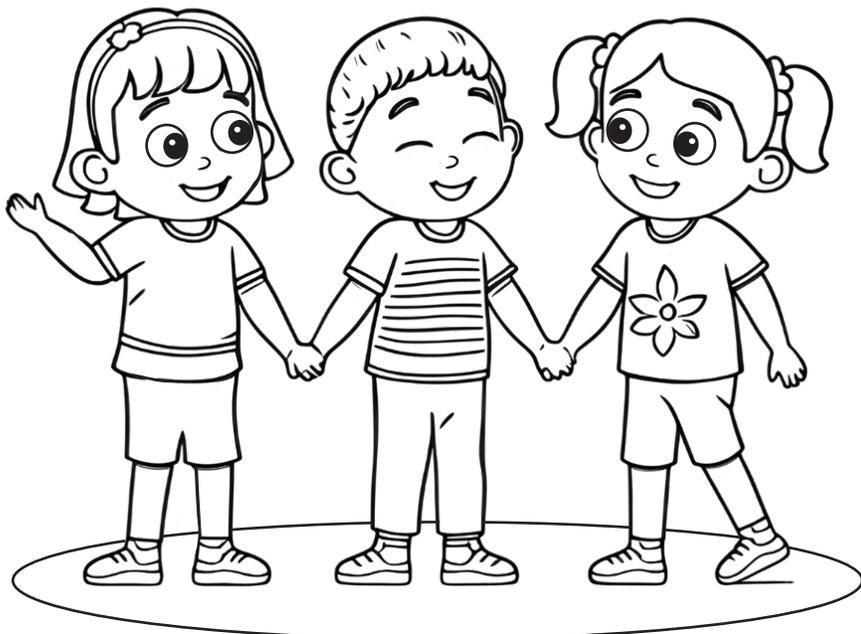


When I grow up I want to be



My birthday is





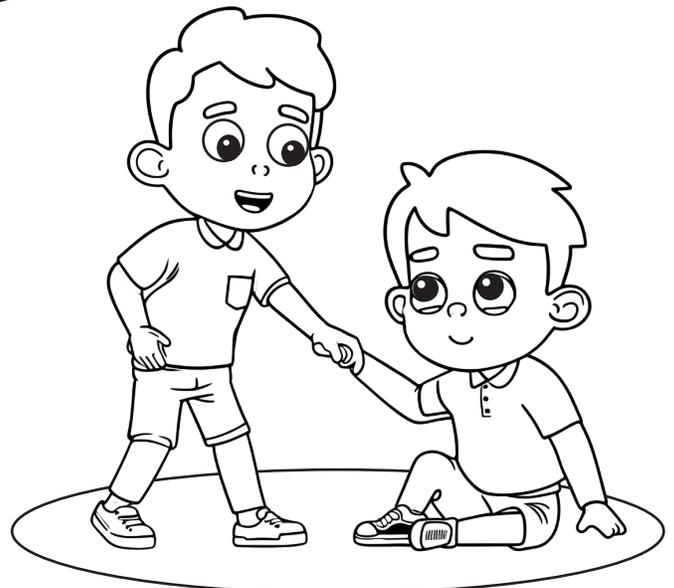
Include Everyone

WAYS TO BE A GOOD FRIEND

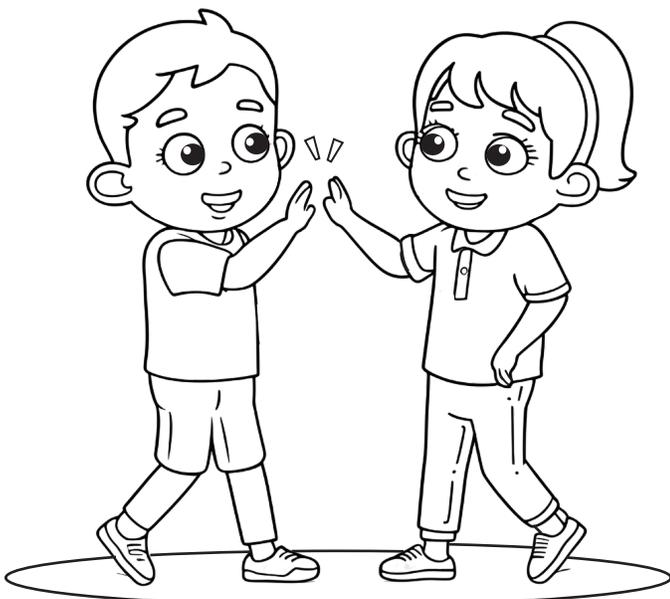
As you color the pictures, think about how you can practice these actions with others!



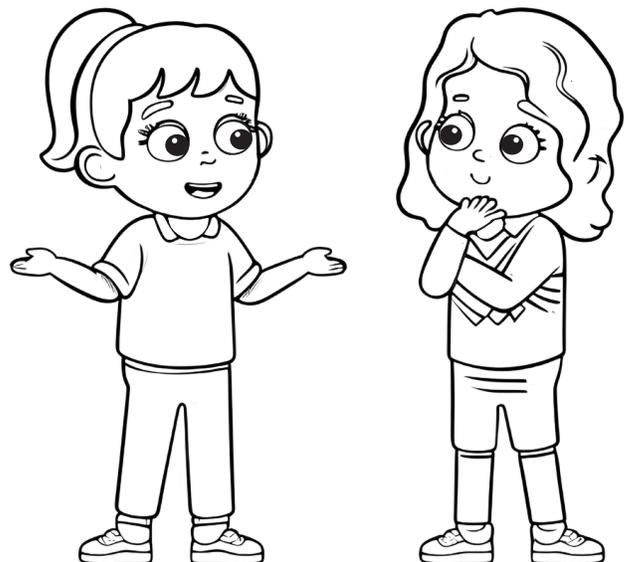
Say Kind Things



Offer your Help and Support



Be Respectful

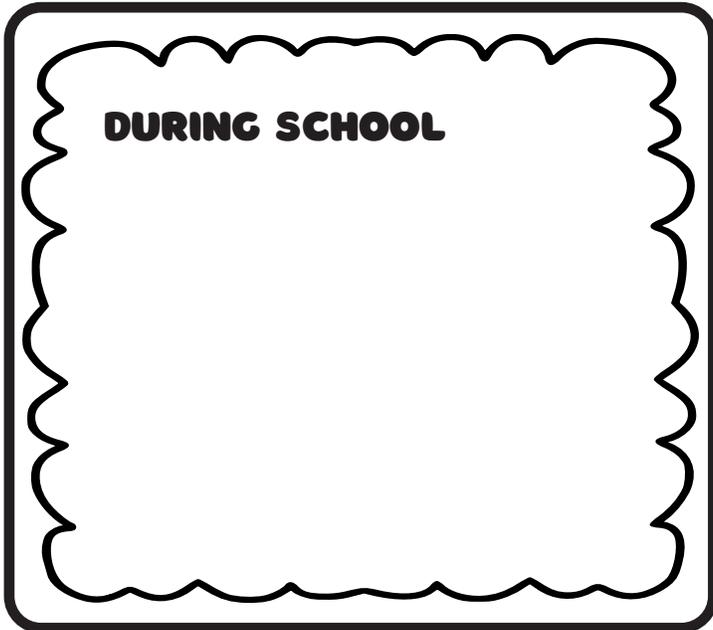


Listen to Show you Care

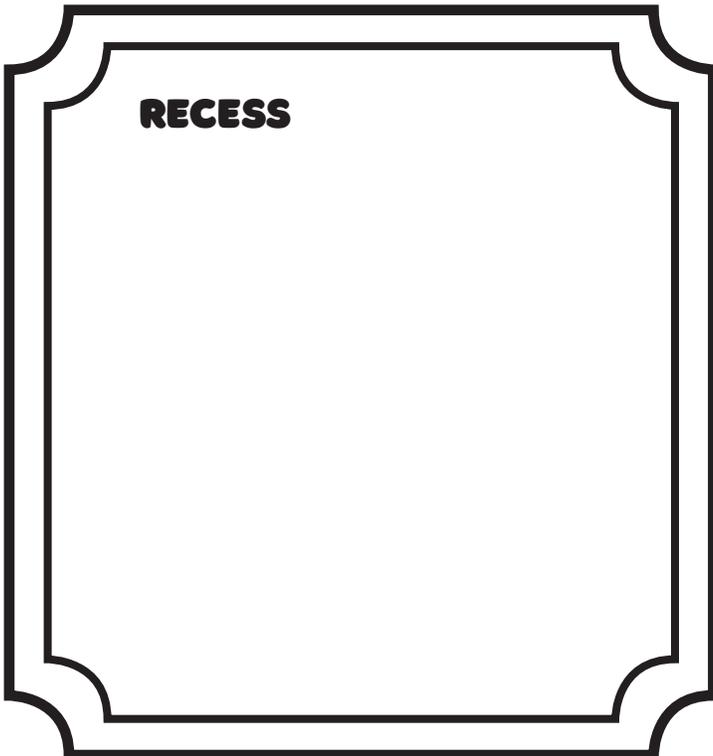
CHOOSE TO INCLUDE!

Think about a time you were left out of a group or an activity. How did this make you feel? Choose to include by respecting differences and making sure everyone feels welcomed and supported! Write or draw ways you can include others during school, recess and at lunch time.

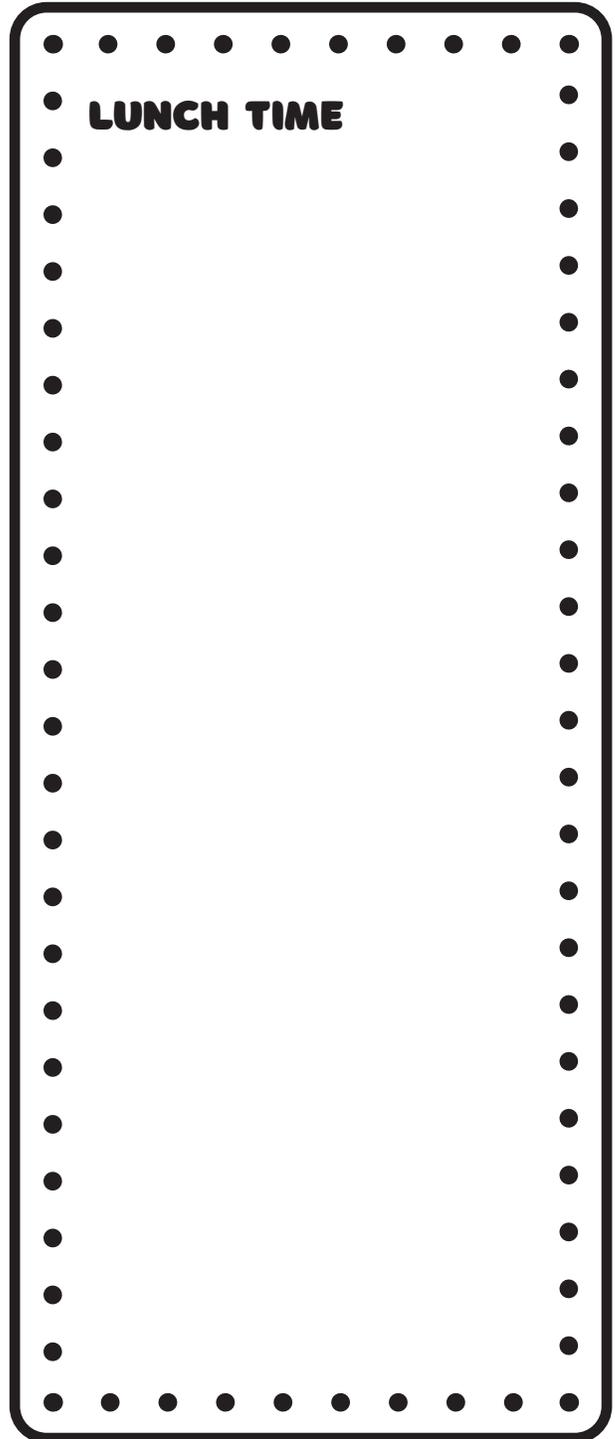
DURING SCHOOL



RECESS

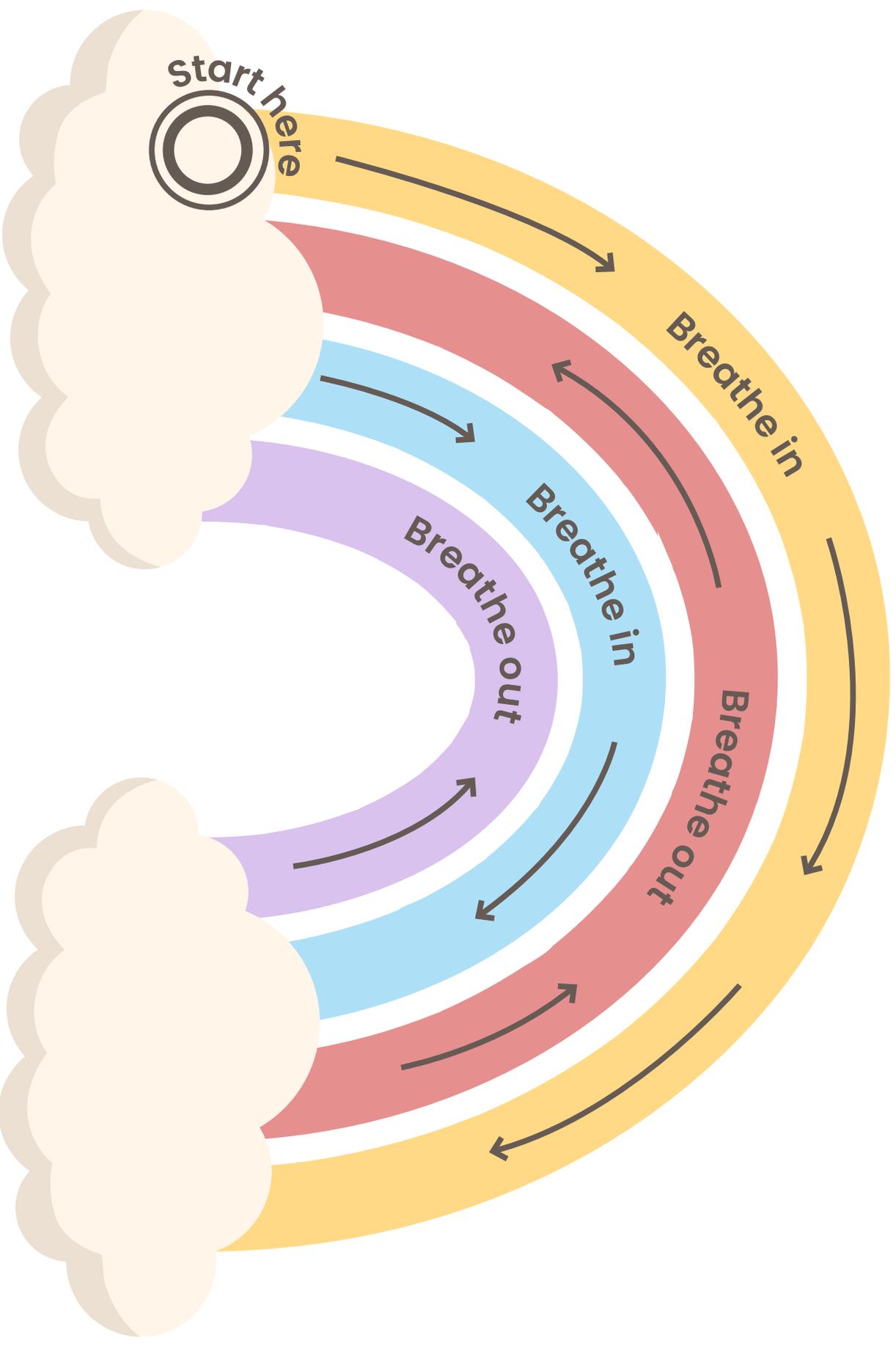


LUNCH TIME



RAINBOW BREATHING

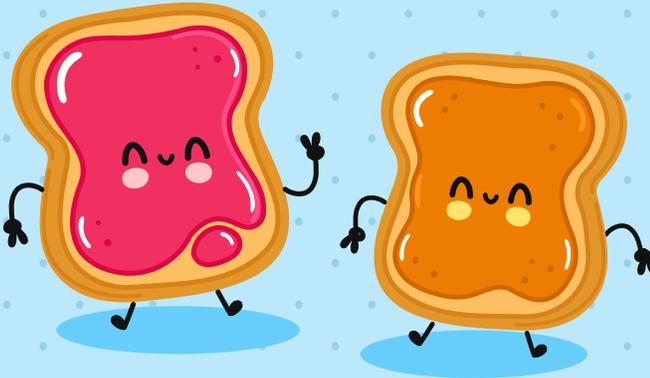
Feeling worried or nervous about making new friends? It's ok, we all feel this way sometimes! Stop, pause, and breathe! Follow along to relax your body and brain.



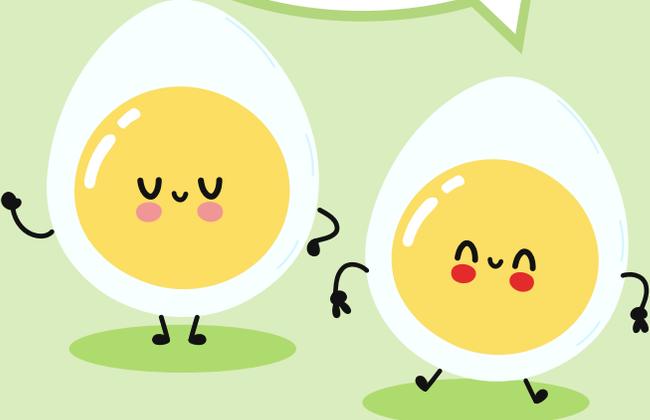
Fixing our Friendship Cards

An important part of being a good friend is sharing your feelings and saying sorry when needed. However, this can be challenging! Fill in the cards below to help you share how you feel or apologize to a friend.

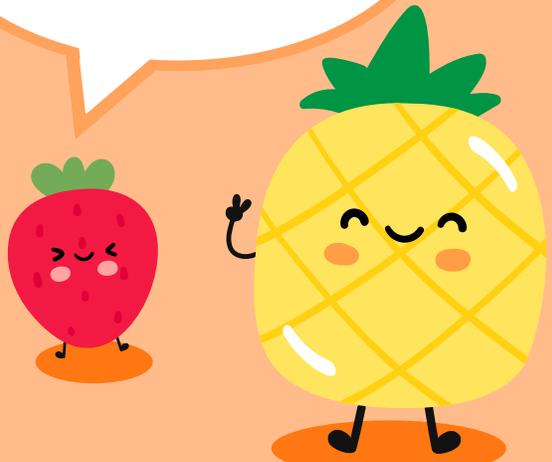
I feel _____
when you _____.
Can we fix this?



I'm sorry I _____
Next time I will
_____.



I'm sorry I _____
Next time I will
_____.



I feel _____
when you _____.
Can we fix this?



BETTER TOGETHER: A FRIENDSHIP PUZZLE

Just like a puzzle, friendship brings together differences to create something beautiful! Create your own friendship puzzle by writing or drawing a friend on each piece, color, cut, and assemble.

