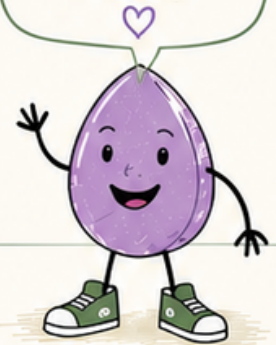


Friendship Skills

Good friendships make us feel happy,
safe and valued.

We can all learn skills to build and keep positive friendships.

Hi! I'm Alex!
I'm your
Amygdala.
I help you build
strong and kind
friendships.



Let's Learn

Friendships are built on kindness, trust and respect.

We don't always get everything right – that's okay!

We can all learn, practise and try again.

Good friends lift us up, listen to us and care about how we feel.

We can be a good friend to others and to ourselves.



Qualities of a Good Friend

-  Kind
-  Honest
-  Good listener
-  Respects boundaries
-  Includes others
-  Encourages and supports
-  Reliable and trustworthy

Am I a Good Friend?

Tick the ones that are true for you.

- ☐ I am kind to my friends
- ☐ I listen when others talk
- ☐ I include others
- ☐ I respect people's boundaries
- ☐ I am honest
- ☐ I try to solve problems calmly
- ☐ I celebrate my friends' successes
- ☐ I am there when my friend needs me
- ☐ I forgive when we make mistakes
- ☐ I treat others how I like to be treated

Something I want to get better at:

Friendship Scenarios

What could you do?
Write or draw your ideas.



You see someone sitting alone at break time.



Your friend is upset about something.



You and your friend disagree about something.

My Friendship Plan

I can build stronger friendships by...

1. _____
2. _____
3. _____

If I have a problem in a friendship, I can...

I am proud of the friends I have because...



I choose to be a good friend and surround myself with positive people.

Reflection

Today I learned... _____

Something I can remember next time... _____



Remember...



Good friendships take time and effort.



It's okay to make mistakes.



We can fix problems and try again.



You deserve friends who treat you well.



Be a good friend to yourself too!

