

FAMILY DISCUSSION GUIDE

What Makes a Good Friend?

Building Kindness, Trust, and Connection One Scoop at a Time



LET'S TALK ABOUT IT

Use these questions to start meaningful conversations, understand each other better, and grow stronger friendships together.

1 KNOWING OURSELVES

- What do I like most about my friends?
- What are some of my best friendship strengths?
- What's one thing I want to get better at in friendships?

2 WHAT MAKES A GOOD FRIEND?



- What do I think makes someone a good friend?
- Who is a good friend to me and why?
- What are small things good friends do every day?

3 HANDLING CHALLENGES



- What can I do when I'm upset with a friend?
- How can I say sorry and make things better?
- What helps me stay calm during a disagreement?

4 BEING A KIND FRIEND



- How do I include others in games or activities?
- What can I do when I see someone being left out?
- How do I show I care about my friends?

5 GROWING TOGETHER



- How do my friendships change as I grow?
- What can I learn from my friends?
- How can we support each other to be our best selves?

TRY THIS TOGETHER

Share one kind thing you noticed someone do this week.

Practice the repair script together: Name it. Sorry. Make it better.



Make a "Friendship Jar." Add a Ahey for kind things you do for each other throughout the week.

REAL FRIENDSHIP IS...



Built over time.
Not perfect.
Made up of trust, kindness, and repair.
It's okay if waves knock it down—good friends build it back up.

REMEMBER

One good friend is worth more than a crowd. Be the kind of friend you want to have. Friendship is something we build—one scoop at a time.



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Understanding minds.



Strengthening connections.