

Being a GOOD FRIEND When It's Hard

Including Others and Standing Up,
Even When It's Uncomfortable

The easiest time to be a good friend is when it's fun and easy. The most important time is when it's a **LITTLE BIT HARD.**

BEFORE YOU TALK

Think about a time you saw someone left out or a friend who needed help.

What did you notice?

How did it make you feel?

LET'S TALK TOGETHER

1

When have you seen someone left out?

2

What could you do in that situation?

3

When is it hard to be a good friend? Why?

LET'S ROLE-PLAY

Pick one situation and act it out together. Try what you could say or do.



SOMEONE IS LEFT OUT AT RECESS

SOMEONE IS BEING TEASED

A FRIEND NEEDS YOU TO STICK UP FOR THEM

DRAW IT!

Draw a picture of you being a good friend when it's hard.



PARENT CORNER

Ways I can support my child:

- Help them notice when others might feel left out.
- Practice brave, kind responses together.
- Praise one small act of kindness they take.
- Keep the conversation open.

TRY THIS THIS WEEK



Challenge: Do one small, brave, kind act. It can be a hello, an invitation, or standing up for someone.

My plan: _____

When I'll do it: _____

REFLECTION

How confident do you feel about being a good friend when it's hard?
Color a star.



Not yet → Very confident

FAMILY CHALLENGE



Together, think of one way your family can help others feel included this week.

You don't have to fix everything. One small, brave, kind act is exactly how this skill grows.

