



# Friendships



What can we do?



talk



run



relax



share interests



enjoy  
company



play



music



play games



socialise



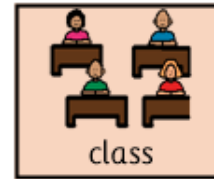
something else



Where can we be  
friends?



school



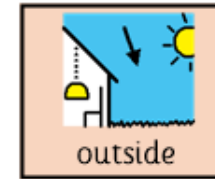
class



playground



canteen



outside



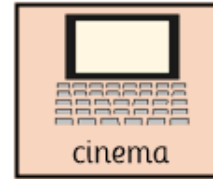
home



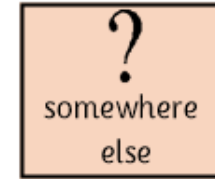
park



shops



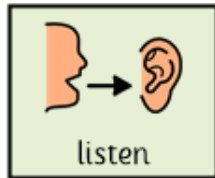
cinema



somewhere  
else



How can we be friends?



listen



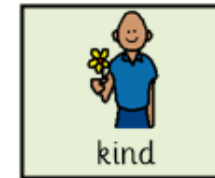
understand



care



help



kind



be patient



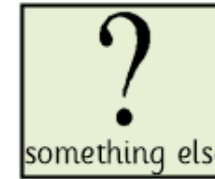
take turns



ask about  
them



interested



something else

# Friendships



talk to them



Check what they meant



I feel



Give other suggestions



Are they okay?



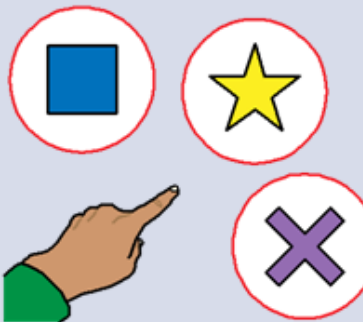
My friend has upset me.  
What can I do?



I should check what they meant.

I can say, "When you said/did \_\_\_\_\_ did you mean \_\_\_\_\_?"

Sometimes I can feel upset because of a misunderstanding.



Tell them how you are feeling to let them know.

I can say "I don't like it when you say/ do \_\_\_\_\_. Could you say \_\_\_\_\_ or do it this way instead?"

Sometimes people do not realise they have upset someone else.



Check if they are okay.

I can say "Are you feeling okay today? Is there anything I can help you with?"

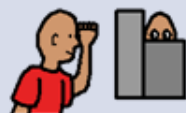
Sometimes people can upset others when they feel upset themselves.



# Friendships



Has my friend fallen out with me?



They want to play a different game.



probably not



You can say, "Can I play too?"  
Being a good friend means sometimes playing or doing something our friend choses.



They want to talk about something else.



probably not



You can listen to what they are saying.

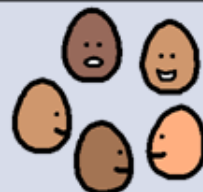
You might want to ask questions to find out more about what they are talking about.



They want time alone.



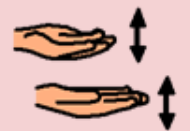
probably not



Give them some time alone. You can ask an adult to check on them. You can ask other friends to play.  
Later ask your friend if they are okay.



They are calling me unkind names.



maybe



You can say, "Stop. Don't call me that."  
If they continue, walk away and play with someone else. If this upsets you, you can tell an adult.



They are telling me to do things I don't want to do.



probably not



You can say "No" and speak to an adult.  
Your friend may not have fallen out with you, but they may not be acting like a good friend.  
The adult can help you work out what to do.