

#11988

MAKING FRIENDS, KEEPING FRIENDS

SUNBURST VISUAL MEDIA, 2001

Grade Level: 2-4

19 Minutes



CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#12053 BUZZ, BUZZ, BUZZ: DID YOU HEAR ABOUT...?](#)

[#12054 LEARNING ABOUT HONESTY](#)

[#12056 DOING THE RIGHT THING: BUILDING CHARACTER](#)

[#12060 I SAID I WOULD AND I WILL](#)

[#12064 LET'S MAKE UP](#)



making friends... keeping friends

4185-03

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introduction

The relationships children have with their friends are second in importance only to those they have with their family. Friendships matter to children for the support and sense of belonging they provide. Few experiences in a child's life can equal the joy of proclaiming, "I have a friend!", or the dread that wells up inside from the fear that "No one likes me."

Success in forming and maintaining friendships is essential to children's happiness and well-being. Among the skills that must be mastered are the ability to be a caring, loyal, and dependable friend, the ability to make new friends, the ability to manage conflict, and the self-confidence to recover from the loss of a friend.

Designed to help children develop these skills, **Making Friends... Keeping Friends** alternates insightful advice from animated characters called "The Sunbuddies™" with short, realistic vignettes featuring children's friendship issues to explore what viewers can do when they have difficulty making or keeping friends.

Quickly grabbing viewers' attention through rousing song lyrics and fun-filled antics, the Sunbuddies™ use the vignettes to demonstrate how to initiate a friendship, avoid behavior that can cause fights, use strategies for resolving conflict, and brainstorm solutions to friendship problems. Their advice, coupled with the delight with which it will be received, will effortlessly set young viewers on the path to developing the skills they will need to make and keep friends.

Making Friends...Keeping Friends is a fun-filled way to help kids develop skills for building healthy relationships throughout their lives.

learning objectives

The goal of this program is to provide a fun-filled, nonthreatening forum for helping children learn about and develop the friendship-building skills so essential to their well-being. Viewing the program and using the handouts will help children:

- understand the personal qualities that make someone a friend.
- realize that a friend is someone who likes you for who you are, not for what you have.
- learn effective strategies for initiating a new friendship.
- recognize and avoid behavior that can cause fights.
- develop constructive strategies for avoiding and resolving conflicts with their friends.
- learn how to brainstorm to come up with ideas to solve friendship problems, such as the loss of a friend.

program summary

Featuring realistic live-action vignettes, animated characters known as “Sunbuddies™,” and upbeat, rousing songs with easy-to-remember lyrics, this program shows children skills they can use to make and keep friends.

The program opens with the upbeat “Sunbuddy Theme” (see song sheet p. 29) performed by Tiny the elephant, Cassie the bird, Shelby the turtle, Max the dog, and Hopkins the rabbit. After the Sunbuddies™ celebrate the joys of friendship, Tiny asks viewers to watch some short scenes of kids having friendship problems.

Matteo’s in the kitchen doing his homework, and he’s not happy. He doesn’t understand why he has to work hard just to stay in a class where he doesn’t have one friend. Next, James accidentally splashes soda on Samantha; she rebuffs his apology and insults him. Then, arguing with Mark over the rules of a game, Jonathon sends the board and pieces flying.

“Have things like this ever happened to you?” Tiny asks viewers. He and the other Sunbuddies™ affirm that they’ve all had times when they’ve felt that nobody likes them, or times when they’ve fought with friends, and even times when they’ve lost a friend. Suddenly Cassie, sobbing loudly, reveals that her best friend has moved away. Shelby tries to console her, while Tiny offers help as he explains that they are there to show how to make friends, to keep them, and what to do if you lose them.

In the lively song, “That’s What Being A Friend Is All About,” (see song sheet p. 30) the Sunbuddies™ describe the joys of having a good friend and being a good friend. Then Boyd the pigeon arrives on the scene with a different idea. He advises Cassie to make a new friend by offering candy. Tiny dismisses Boyd’s advice. Real friends, he informs Boyd, are people who like you for who you are, not for what you have. Through a series of quick vignettes, Max goes on to show tips for making friends. When you meet someone new, Max advises, “Say Something Nice.” Other suggestions are: Invite Someone to Join You, Tell a Joke, Offer to Help, Ask for Help, Smile, and Show That You’re Interested.

Then Boyd accuses Cassie of losing her friend because of fighting. She denies it, but Boyd says that's what happens when he fights with his friends. Shelby counsels Boyd to avoid fight-starters that can break up friendships and illustrates the fight-starters in short clips: Making Demands, Blaming Others, Name-Calling, Insulting, Making Threats, Using Putdowns, and Being Selfish. Boyd says that even if you avoid fight-starters, you can still get into fights with your friends. Tiny agrees, and through quick vignettes shows Boyd quick and easy ways to avoid and stop fights: Flip a Coin, Compromise, Skip It, and Say You're Sorry.

The next vignette illustrates a fight between Mark and Jonathon, who have taken their argument to Jonathon's mother. She listens to both boys, and advises them to work it out themselves. Although Boyd thinks Mark and Jonathon should fight it out, the Sunbuddies™ think otherwise, and give their advice in a spirited song, "Work It Out," (see song sheet p. 31).

But Cassie still has her own working out to do—her feelings about her friend's moving away. Says Shelby, it's okay to feel bad; talking about your feelings with your parents or friends helps, she adds. Boyd has other advice. Move on, he says, figure out something new. That gives Cassie an idea. She needs to figure out a new way for her and her friend Robin to still be friends. Shelby suggests how she can do it, by brainstorming. A vignette featuring Mark and his dad illustrates brainstorming. Mark is angry because Jonathon has moved away, so he and his dad put their heads together and brainstorm a number of ways the two boys can keep in touch.

Cassie's gratitude to Boyd for suggesting that she figure out something new to do overwhelms the pigeon. As the program concludes, Boyd reviews the tips presented in the program for making new friends, avoiding fight-starters, resolving conflict peacefully, and brainstorming for solutions to friendship problems. The rollicking "Sunbuddy Theme" (see song sheet p. 29) closes the show.

bibliography

Fiction for Ages 4-8

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Carrick, Carol. *Some Friend!* Houghton Mifflin Co., 1987. Mike has trouble accepting his friend Rob's overbearing behavior.

Caseley, Judith. *Harry, Willy and Carrothead*. Greenwillow, 1989. The fact that Harry was born with no left hand doesn't keep him from being a baseball player, or a good friend.

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de Regniers, Beatrice Schenk. *May I Bring a Friend?* Atheneum, 1971. In this award-winning classic, a small boy, invited to dine with the King and Queen, asks—and receives permission—to bring a series of friends, all of whom prove well-behaved.

Estes, Eleanor. *The Hundred Dresses*. Harcourt Brace Jovanovich, 1944. In this children's classic, Maddie and Peggy learn a lesson about friendship—the hard way.

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Horse, Harry. *A Friend for Little Bear*. Candlewick Press, 1997. Offers a valuable lesson on friendship.

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Parr, Todd. *The Best Friends Book*. Little, Brown, 2000. Assures kids that a good friend will be there for them, no matter what.

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Waber, Bernard. *Nobody is Perfick*. Houghton Mifflin Co., 1991. Makes kids aware that even best friends and sunny days can have shortcomings.

Nonfiction for Ages 4-8

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Bunnett, Rochelle. *Friends at School*. Star Bright Press, 1996. A book about children of different abilities busily working and playing together at school. Shows that given the opportunity, children will readily accept one another's differences.

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Kolar, Bob. *Do You Want to Play?* Dutton, 1999. This book about friendships provides "Friendly Tips" on being a good friend.

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Fiction for Ages 9-12

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Guthrie, Donna. *Frankie Murphy's Kiss List*. Simon & Schuster, 1993. A bet that goes wrong offers a valuable lesson in friendship and loyalty.

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Nonfiction for Ages 9-12

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program script

Making Friends...Keeping Friends

"Sunbuddy™ Theme"

*Everybody needs somebody they can count on.
Everybody needs someone to lend a hand.
Somebody to listen, someone you can talk to,
If you've got a question they can help you understand.*

*We're the Sunbuddies™,
Nothing could better than a good, good friend.
We're the Sunbuddies™,
We're here to let you know that—
You've got a buddy to the end.*

Tiny

Hi, we're the Sunbuddies™. I'm Tiny. And these are my friends...Cassie, Shelby, Hopkins, and Max. We'd like you to just sit back and watch some kids. See if any of it looks familiar. Okay. Roll 'em, Hopkins...

...

Matteo's Dad

Matteo! Homework! Got a lot to do tonight?

Matteo

I don't know why I have to try so hard...just to stay in a class where I don't have one friend!

...

Samantha

Watch out!

James

Sorry...

Samantha

You are such a loser!

...

Jonathon

Yes! Black hole! You lose a turn.

Mark

I do not!

Jonathon

Do too, Mark!

Mark

Uh-uh. Read the instructions.

Jonathon

They're lost.

Mark

Not at my house. It's my turn. Ask me a question.

Jonathon

That is soooo cheating!

Mark

It's...the...rules!

Jonathon

No...it's...not!

...

Tiny

Whoa! Hold it! Stop!

Those things ever happen to you? They've happened to me! Yup, we've all had 'em: those times when you feel like nobody likes you. Right?

Shelby/Max/Cassie

Right!

Tiny

Or those times when you and your friend have a fight. Right?

Shelby/Max/Cassie

Right!

Tiny

Or even the times when you feel like you've lost a friend for good! Right?

Shelby & Max

Right!

Cassie

Bbbbwaaaahhhh!

Tiny

What happened?! What did I say?!

Shelby

Cassie just found out that her friend, Robin, is moving to another tree.

Cassie

My very best friend in the whole entire world! Bbbbwaaaahhhh!

Max

Cassie and Robin did everything together.

Cassie

Since the day we were hatched. I'll never find a friend like Robin ever again!

Shelby

Cassie, maybe we can help.

Tiny

Yeah! After all, the reason we're here is to show how to make friends, keep 'em, and what to do when you lose 'em. Cause good friends are important to everybody.

• • •

"That's What Being A Friend Is All About"

Sunbuddies™

When you're a good friend, you gotta do your share.

A friend is someone who knows how to care.

You gotta do your part—do it from the heart.

That's what being a friend is all about!

Cassie

Nothing could be better than havin' a friend.

A buddy or pal who sticks by you to the end.

Someone to share a smile and do the things you like to do.

It's great to have a friend who cares about you!

Sunbuddies™

When you're a good friend, you gotta do your share.

A friend is someone who knows how to care.

You gotta do your part—do it from the heart.

That's what being a friend is all about!

Max

*Nothing could be better than bein' a friend.
When you're honest and true—on you they can depend.
You can be a buddy if you're young or you're old.
A really good friend is more precious than gold!*

Sunbuddies™

*When you're a good friend, you gotta do your share.
A friend is someone who knows how to care.
You gotta do your part—do it from the heart.
That's what being a friend is all about!*

• • •

Boyd

Yeeesh! What a corny bucket of sap!

Sunbuddies™

Hello, Boyd.

Boyd

Cassie, sweetie-chickee-pookums, you poor-poor-poor-poor baby!
I heard about your little "friend situation" and I flew right over to help!

Cassie

Thanks, Boyd.

Boyd

No thanks needed! We "boids" gotta stick together. Besides, I've got the answer to your problem: what you've gotta do is make a new friend. And I can tell you how!

Cassie

How?

Boyd

Use candy! And plenty of it. You toss enough candy around—the sweeter, the better—and boids'll come pounding on your door, begging to be your friend!

Cassie

Gee, I don't know, Boyd.

Boyd

Trust me! It works like a charm... 'til their teeth start fallin' out.

Tiny

Boyd, real friends are people who like you for who you are—not for what you have!

Boyd

Sez you!

Max

Well Cassie, I can think of some other ways for you to make new friends. Roll 'em, Hopkins...

...

Say something nice

Max

When you meet someone new, say something nice. Everybody likes to hear a compliment.

Samantha

Hey, where'd you get those sneakers? It's cool how they light up!

James

Thanks.

Invite someone to join you

Max

Invite someone new to join you—to come over and play—or even to just share a seat.

Anthony

You want to sit down? There's room enough here.

Louis

Thanks.

Tell a joke

Max

You can even tell a joke. Making someone laugh is a great way to break the ice.

Samara

Why don't lions eat clowns? ...Because they taste funny.

Offer to help

Max

You can offer to help somebody who's having trouble. Everyone likes a helping hand.

James

I've played that game lots of times. Want to see some tricks for winning?

Louis

Yeah. Thanks.

Ask for help

Max

Or ask for help. People like to help out.

Lisa

Wow! You're good at skating backwards.

Jennifer

Thanks.

Lisa

Can you show me how?

Jennifer

Sure. Watch. Here, let me show you.

Smile

Max

Smile when you meet someone new! Without saying a word, it shows that you'd like to be friends.

Show that you're interested

Max

Another great way to make friends is to show that you're interested in the stuff they like.

Louis

Hey, are those the new Megamon cards?

Lisa

Yeah.

Louis

I collect them, too. Which one is your favorite?

...

Boyd

Yeah, show that you're interested. That's exactly why I'm here: to show I'm interested in my good pal, Cassie. Now, this Robin—what'd ya do to her to make her skeedaddle? Give her the ole one-two? The ole razz-ma-tazz?

Cassie

I didn't do anything!

Shelby

Boyd, when a friend moves away, it's not your fault.

Boyd

Oh, yeah? When my friends fly the coop, it's cause we've gotten into it, mixed it up.

Tiny

Well, that's different. You're not responsible for friends moving away, but you are responsible for fighting with your friends.

Shelby

You know Boyd, there are ways to keep a fight from starting in the first place.

Boyd

Oh really, "Miss Know It All." And how do you do that?

Shelby

Well, it's not exactly what you do. It's more like what you shouldn't do. Just watch these sure-fire fight starters. Roll 'em, Hopkins...

...

Blaming others

Shelby

Blaming others.

Taylor

It's all your fault we lost the game!

Kelly

It is not!

Making demands

Shelby

Making demands.

Anthony

Give it to me. I go first!

Louis

Hey, no fair!

Name-calling

Shelby

Name-calling.

Samantha

Watch out!

James

Sorry.

Samantha

You are such a loser!

Insulting

Shelby

Insulting.

Samara

Hey, those are the ugliest shoes I've ever seen!

Making threats

Shelby

Making threats.

Jennifer

C'mon, let me borrow your scooter on the way home.

Mark

But, I just got it.

Jennifer

If you don't let me borrow your scooter, I'm never talking to you again!

Using putdowns

Shelby

Using putdowns.

Jasmine

That's a stupid way of tying your skates!

Samantha

No, it's not! Your way is stupid!

Being selfish

Shelby

And being selfish.

Jonathon

Hey...can I have some of your chips?

Taylor

No!

Jonathon

Come on. I don't have any more money.

Taylor

That's not my problem. I don't have to share if I don't want to!

...

Boyd

Hey, those kids sound just like me and my friends when we fight.

Shelby

Exactly why you should stay away from those fight starters, Boyd.

Boyd

Yeah. But even if you do, sometimes fights break out anyway.

Tiny

Of course, even good friends have fights. But you know Boyd, there are some quick and easy ways to stop fights right in their tracks before they take off. Roll 'em, Hopkins...

...

Anthony

I go first.

Matteo

No, I do!

Anthony

No way. I'm not letting you go first!

Matteo

How about we flip a coin? Heads, you go first. Tails, I do.

Anthony

Fine.

Tiny

Flip a coin. It's fast and it's fair.

Flip a coin

Jennifer

Let's play this.

Mark

No. That's not good skating music. How about this?

Jennifer

I don't like that.

Mark

Why don't we play whatever I want for 15 minutes, then we can play whatever you want for 15 minutes.

Jennifer

Okay.

Tiny

Compromise. Give a little to get a little.

Compromise

Taylor

This helmet looks so cool.

Samara

Oh, please. This one is much better.

Taylor

Do you need glasses? Look at this!

Samara

Hey, this isn't worth fighting about. I think this helmet is cuter and you think that one is. No big deal.

Tiny

Skip it. Some things just aren't worth fighting about.

Skip it

Anthony

There's my wristpads.

Kelly

I'm sorry I used your wristpads without asking. I didn't see you around... but I guess I should have waited and asked first.

Tiny

Say you're sorry when you're in the wrong. It's really not that hard.

Say you're sorry

...

Cassie

Okay, but, what do you do if a fight starts anyway?

Tiny

It happens. Like the one Mark and Jonathon had just the other day. Roll it, Hopkins...

...

Tiny

Mark and Jonathon hang out together a lot. They usually get along. But today they're having trouble agreeing on the rules.

Mark

And Mark Brown rockets into the lead! Eat my dust!

Jonathon

Yes! Black hole! You lose a turn.

Mark

I do not!

Jonathon

Do too, Mark!

Mark

Uh-uh. Read the instructions.

Jonathon

They're lost.

Mark

Not at my house. It's my turn. Ask me a question.

Jonathon

That is sooo cheating!

Mark

It's...the...rules!

Jonathon

No...it's...not!

Jonathon's Mom

What's going on, guys?

Mark

Jonathon is making up new rules to the game! Like, he says I have to lose a turn for landing in the black hole and I know it's not true! That's cheating!

Jonathon

I know what the rules are. If you land on a black hole, you lose a turn! That's what the instructions say, even if I don't have them.

Jonathon's Mom

Okay guys, okay! Let's try to sort this thing out! Now Jonathon, you seem awfully angry to me, because you think Mark is cheating?

Jonathon

He is cheating!

Mark

I am not!

Jonathon's Mom

And Mark, you feel you know what the rules are, but you're frustrated that Jonathon doesn't believe you.

Mark

Yeah!

Jonathon's Mom

So, you each seem to remember the rules to the game differently. But you don't have a copy of the instructions, so you can't check what they actually are. Sounds like you should either agree to your own set of rules or decide on a different game. That shouldn't be too tough for a couple of brainiacs like you. See what you can come up with. I'm sure you can work it out.

Jonathon

What do you want to do?

...

Boyd

I'll tell ya what he oughta do! That kid oughta send that buddy of his packin'! Hittin' the highway! Burnin' a little sneaker rubber!

Cassie

That won't solve their problem. Will it?

Shelby

No way! Friends settle arguments by trying to work them out.

"Work It Out!"**Shelby and Tiny**

Sometimes a friendship doesn't go right.

Sometimes friends could have a big fight.

Don't lose your cool. Step back. Take a break.

Sometimes you need a little give and take.

So work it out.

Compromise. Work it out. Work it out together.

Skip it. Work it out. Work it out together.

Flip a coin. Work it out. Work it out together.

Say you're sorry. Work it out. Work it out together.

Talk it out. Work it out.

Don't lose your cool. Step back. Take a break.

Sometimes you need a little give and take.

So work it out. Work it out with your friend.

...

Tiny

Let's see what Mark and Jonathon decided to do...

Mark

We could get the instructions from my house.

Jonathon

Yeah. Or...you ever play Monopoly? I got it for my birthday.

Mark

Cool. How do you play?

Jonathon

Let's check the rules.

...

Cassie

Robin and I used to play games like that. Pin the Tail on the Duckling... Hop-Perch... Tug-of-Worm...

Shelby

It can really hurt when things change. It's okay to feel bad about it. And to talk about your feelings with your parents or your friends.

Max

Like us.

Cassie

It's just kind of funny...feeling sad about things that used to make me feel so good.

Boyd

Forget about it. Move on with your life. Figure out something new.

Cassie

You know something, Boyd, you're exactly right!

Boyd

What 'chu talkin' about?

Cassie

The right way to deal with Robin moving away is to figure out something new—a new way for the two of us to still be friends.

Shelby

Cassie, you just need to brainstorm.

Boyd

Brain what?

Shelby

Brainstorm. That means coming up with ideas to solve your problem. Just watch how it's done. Roll it, Hopkins...

...

Shelby

When Mark found out that his friend Jonathon was moving away, he was pretty mad.

Mark's Dad

Hey!

Mark

Sorry, Dad.

Mark's Dad

I thought you gave those skates to Jonathon so that he can play on our hockey team.

Mark

He gave them back.

Mark's Dad

How come?

Mark

Jonathon's moving to Arizona!

Shelby

But then Mark talked to his dad and together they figured out what to do by brainstorming—that's when you think up as many ideas as you can to try and solve a problem.

Mark

Dad, do you think Jonathon can still be my friend?

Mark's Dad

Sure. In a different way. Let's come up with some ideas on how you can do it. You guys still e-mail one another, don't you?

Mark

All the time.

Mark's Dad

That can stay the same. Only now, you'll have a lot more to tell him.

Shelby

Then, they thought up some more ideas.

Mark

Can I call him, too? Like, if I see a cool movie or something, to tell him about it?

Mark's Dad

Sure. You could even plan to see the same movie the same day. And set up a regular time to call. There are lots of things that you could both do at the same time, no matter where you live.

Mark

Dad, you think they have ice hockey in Arizona?

...

Shelby

Before he knew it, Mark had planned a way that he and Jonathon could stay friends. And that made him feel a lot better.

Cassie

That's exactly what I'm going to do! Thanks, Boyd. Without you, I never would have thought of trying to figure out something new.

Boyd

Really? I mean, of course you wouldn't! I know everything you need to know for making and keeping friends. Like uh...oh, yeah! Like the way to make new friends—

Just say something nice.

Invite a kid to join you.

Tell a joke.

Offer to help when someone's having trouble.

And ask for help if you're having trouble.

Show that you're interested in things they like.

And don't forget, wear a smile!

Max

Couldn't have said it better myself.

Boyd

And then, there's that other hooey, that bad stuff...what-cha-call-it?

Shelby

Fight starters.

Boyd

Yeah, yeah, right. Stay away from those fight starters. If you're havin' a problem with your friend, you don't need to fight. You can work it out. Like uh...

You can flip a coin. That's fair.

Or Compromise. Give a little to get a little.

And when it's not worth fighting about, just skip it.

Sometimes you'll need to talk it out.

And you can say you're sorry when you're wrong or you've hurt your friend's feelings.

Shelby

And when times get really tough?

Boyd

Oh, oh! I know this! Brainstorm to come up with ideas to solve your problems! I leave anything out?

Cassie

Just the song!

...

"Sunbuddy™ Theme"

Everybody needs somebody they can count on.

Everybody needs someone to lend a hand.

Somebody to listen, someone you can talk to.

If you've got a question they can help you understand.

We're the Sunbuddies™.

Nothing could better than a good good friend.

We're the Sunbuddies™.

We're here to let you know that—

You've got a buddy to the end.

When you have a problem and you need to work it out,

They're right around the corner all you have to do is shout.

If you need an answer and you're really in a jam,

They're the ones who listen—they can help you make a plan.

We're the Sunbuddies™.

Nothing could better than a good good friend.

We're the Sunbuddies™.

We're here to let you know that—

You've got a buddy to the end.

The End

song sheet

Sunbuddy™ Theme

Verse 1

Everybody needs somebody they can count on,
Everybody needs someone to lend a hand.
Somebody to listen, someone you can talk to,
If you've got a question they can help you understand.

Chorus

We're the Sunbuddies™,
Nothing could be better than a good good friend;
We're the Sunbuddies™,
We're here to let you know that–
You've got a buddy to the end.

Verse 2

When you have a problem and you need to work it out,
They're right around the corner all you have to do is shout.
If you need an answer and you're really in a jam,
They're the ones who give a listen. They can help you make a plan.

Chorus

We're the Sunbuddies™,
Nothing could be better than a good good friend;
We're the Sunbuddies™,
We're here to let you know that–
You've got a buddy to the end.

song sheet

That's What Being A Friend Is All About

Chorus

When you're a good friend, you gotta do your share.
A friend is someone who knows how to care.
You gotta do your part—do it from the heart.
That's what being a friend is all about!

Verse #1

Nothing could be better than having a friend.
A buddy or pal who sticks by you to the end.
Someone to share a smile and do the things you like to do.
It's great to have a friend who cares about you!

Repeat Chorus

Verse #2

Nothing could be better than being a friend.
When you're honest and true—on you they can depend.
You can be a buddy if you're young or you're old.
A really good friend is more precious than gold!

Repeat Chorus

song sheet

Work It Out!

Sometimes a friendship doesn't go right.

Sometimes friends could have a big fight.

Don't lose your cool. Step back. Take a break.

Sometimes you need a little give and take.

So work it out.

Compromise. Work it out. Work it out together.

Skip it. Work it out. Work it out together.

Flip a coin. Work it out. Work it out together.

Say you're sorry. Work it out. Work it out together.

Talk it out. Work it out.

Don't lose your cool. Step back. Take a break.

Sometimes you need a little give and take.

So work it out. Work it out with your friend.

table of contents

child handouts

(may be duplicated for class distribution)

What Is A Friend?

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Making Up With A Friend



what is a friend?

A friend is someone special to you. Describe three things you think make a good friend. Choose from the list below or make up your own.

1) A friend is someone who _____

2) A friend is someone who _____

3) A friend is someone who _____

- plays with you
- shares with you
- helps you with schoolwork
- sits with you at lunch
- does special favors for you
- helps you feel better when you are sad
- picks you as a partner to do things
- keeps your secrets
- helps you out when you have a problem
- keeps a promise
- cares how you feel
- sticks up for you



I'm a good friend when I...

On the lines below, describe three things about you that make you a good friend.

1) I'm a good friend when I _____

2) I'm a good friend when I _____

3) I'm a good friend when I _____

What are some things that would make you a better friend?

1) _____

2) _____

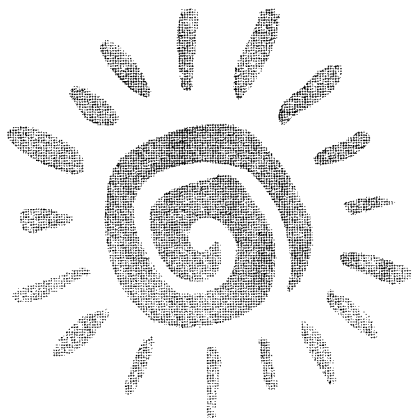
3) _____



friends are for having fun

A friend is someone who likes doing many of the same things you like to do.
In each of the spaces below, draw a picture of a way that you and your friend
have fun.

On the lines below the picture, describe what's going on and why it's fun.



thinking about friends

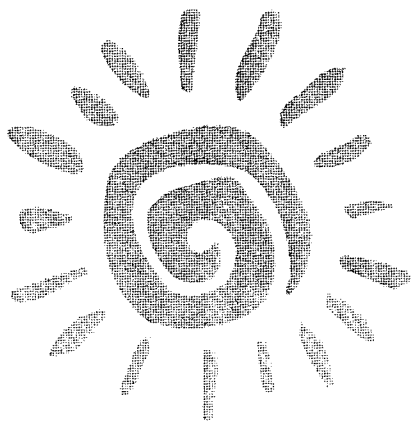
When you think about your friends, what kinds of thoughts come to mind? What are the personal qualities most important to you in a friendship? On the list below, circle the qualities you think are important. If you wish, add any others you can think of to the list.

A friend is:

caring
willing to help
honest
dependable
understanding
trustworthy
loyal

A friend:

has a sense of humor
shares my interests
likes sports
tries new things with me
keeps my secrets
isn't a tattletale
doesn't hurt my feelings



making a new friend

When you find someone you think would make a good friend, it's sometimes hard to think of something to say. Here are some suggestions...

Show That You Are Interested

Having something in common can be a great way to start a friendship.

"I heard you got some new rookie cards. I collect baseball cards, too. Could I see them?"

Say Something Nice

Everybody likes to get a compliment.

"You tell such good stories."

Invite Someone to Join You

People feel good when they're asked to join in.

"Want to shoot some baskets? Nobody's on the court right now."

Tell A Joke

Sharing a laugh makes everyone happy.

*"Why was the math book sad?
'Cause it had so many problems."*

Offer to Help

It's nice to get a helping hand when you're having trouble.

"I've played that game a lot. Want to see some tricks for winning?"

Ask for Help

The same way people like to be helped, they also feel good about helping someone else out.

"You're so good at skating backwards. Could you show me how?"

Smile

Without saying a word, a smile shows that you're willing to be friends.



fight stoppers

Friendships don't always run smoothly. Even best friends disagree from time to time. To stop a fight right in its tracks before it takes off, try a quick and easy fight stopper.

When you and your friend want the same thing...



Flip a Coin — It's fast and it's fair.

"Heads, you choose the music. Tails, I do."

OR



Compromise — Give a little to get a little.

"How about I get to choose the music for 15 minutes, then we can play whatever music you want for 15 minutes."

When the argument isn't all that important...



Skip It — Some things just aren't worth fighting about.

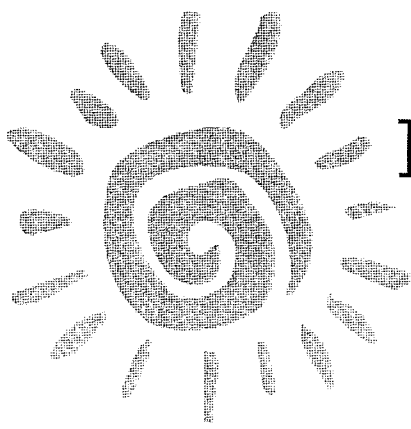
"Let's not fight about who's a better biker. You're better at racing and I'm better at jumping. No big deal."

When you are wrong or when you hurt your friend's feelings...



Say You're Sorry.

"Sorry I took your ball without asking."



making up with a friend

Even good friends can argue or fight. When that happens, there are ways to make up. Write about a time that you had a fight with one of your friends. Tell why you got angry at each other, how you acted, and what you did to make up.

My friend and I got mad at each other because...

This is what we said and did...

This is what we said and did to make up...

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