



Friendship Scenarios

Read each friendship situation below.

What would you do?

Tick (✓) the best choice and write your own idea if you have one!



1

You are playing a game and your friend keeps losing. They look sad.



- ☐ Laugh at them.
- ☐ Tell them it's just a game.
- ☐ Let them have another go.
- ☐ Walk away.

My idea:



2

Your friend forgot their lunch and looks upset.



- ☐ Say "That's not my problem."
- ☐ Share some of yours.
- ☐ Tell the teacher straight away.
- ☐ Ignore them.

My idea:



3

You want to play with your friend, but they are talking to someone else.



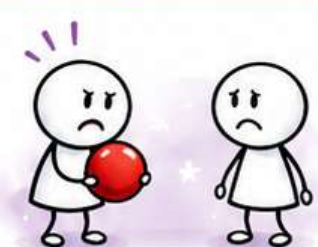
- ☐ Shout to get their attention.
- ☐ Wait for a good time to ask.
- ☐ Push in and join anyway.
- ☐ Go and do something else.

My idea:



4

Your friend took something of yours without asking.



- ☐ Get angry and yell at them.
- ☐ Tell them how you feel calmly.
- ☐ Stop being their friend.
- ☐ Tell everyone what they did.

My idea:



5

You see someone sitting alone at break time. They look lonely.



- ☐ Keep walking.
- ☐ Ask if they want to join in.
- ☐ Laugh and point at them.
- ☐ Tell a teacher.

My idea:





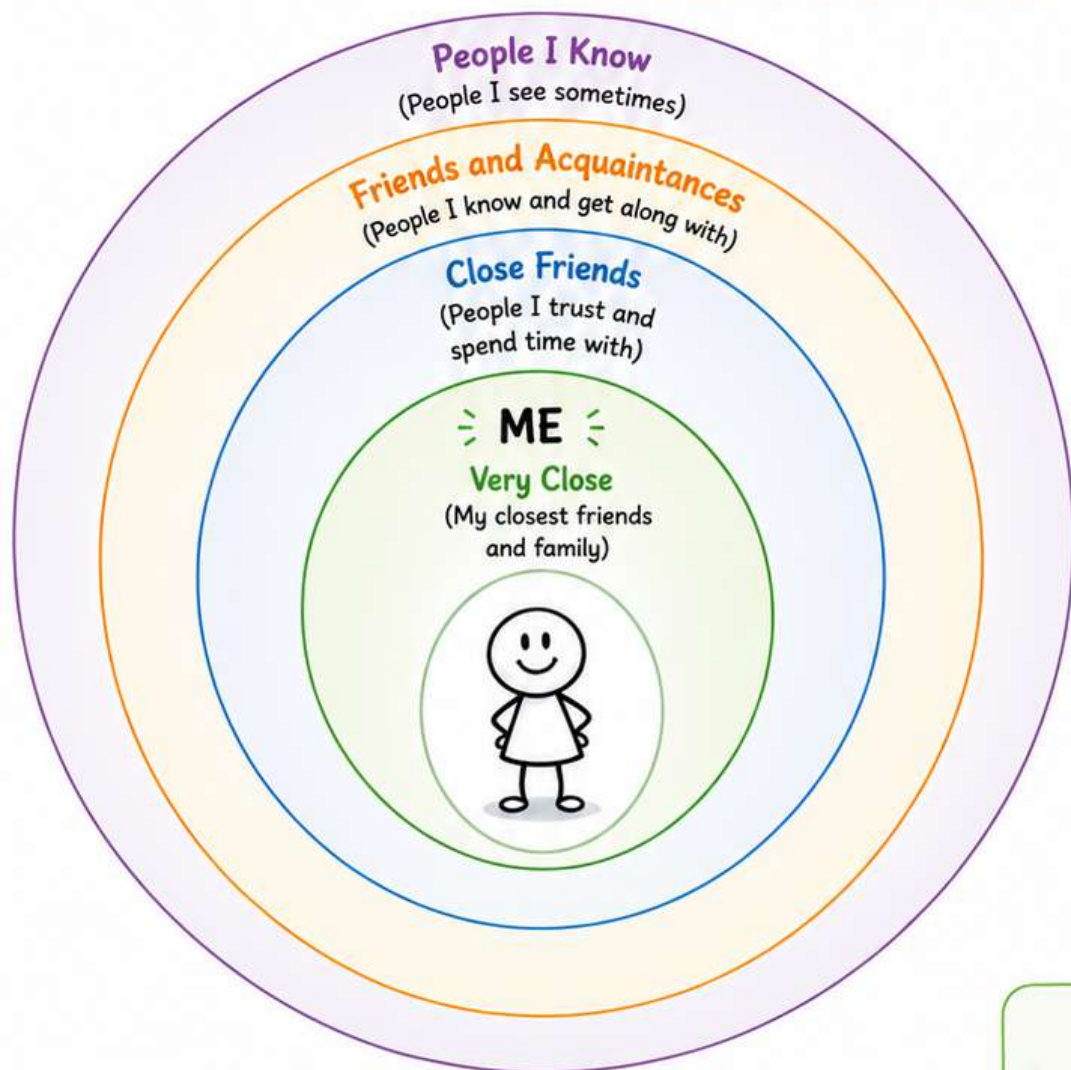
Think! Why is it important to choose kind and helpful actions in friendships?





My Friendship Circle

We all have different people in our lives who support us in different ways. Write or draw the people in your life in the circle to show how close they are to you.



Think about...



Who makes you feel happy and safe?



Who do you talk to when you need help?



Who do you enjoy spending time with?



Who is kind and treats you with respect?



Who encourages you to try your best?

Friends help us to:



Have fun



Feel happy



Feel supported



Solve problems



Be our best selves

My Reflection



I am a good friend because...

One way I can be an even better friend is...



Think!

Friendships are like plants – they grow with kindness, respect, trust and time.



How will you help your friendships grow?





Friendship Qualities

Match-Up



Good friends have lots of positive qualities.
Match each quality on the left with the best description on the right.
Draw a line to connect them.

Qualities

1 Kind



2 Trustworthy



3 Respectful



4 Helpful



5 Good Listener



6 Loyal



7 Encouraging



8 Honest



Descriptions

You can tell them important things because they keep your secrets and do what they say.

You listen carefully when your friend talks and show you care about what they say.

You treat your friend the way you would like to be treated.

You are there for your friend and support them, no matter what.

You say nice things and help your friend believe in themselves.

You tell the truth and are honest, even when it is hard.

You are considerate of your friend's feelings and choices.

You are kind, caring and think about how your friend feels.

★ Think about it!

Which of these qualities do you think is the most important in a friendship?
Why?





Be a GOOD FRIEND!



★ Good friends make each other feel happy, safe and valued. ★

A good friend...

1 Is kind

They are friendly, caring and think about others.



2 Listens

They listen carefully when you talk.



3 Respects you

They treat you the way they would like to be treated.



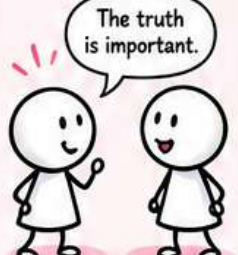
4 Includes you

They make sure you feel welcome and part of the group.



5 Is honest

They tell the truth and you can trust them.



6 Helps you

They are there for you when you need help or support.



7 Encourages you

They cheer you on and help you believe in yourself.



8 Shares and takes turns

They share fairly and take turns when playing or talking.



9 Forgives

They understand that everyone makes mistakes and they forgive.



10 Makes fun times!

They enjoy spending time with you and make you laugh.



Be the friend **YOU** would like to have!

Kindness • Respect • Trust • Support • Fun



★ Good friends are the sunshine in our lives! ★



How to SAY SORRY to a Friend

Everyone makes mistakes.
Saying sorry helps to fix things,
build trust and keep friendships strong.



Follow these steps to say sorry.

1 Think about what you did.



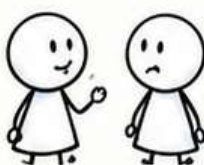
Take a moment to think about your actions and why they were wrong.

2 Say sorry.



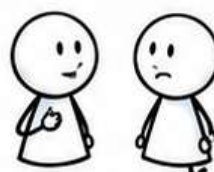
Look at your friend and say sorry clearly and kindly.

3 Explain what happened.



Explain what you did and take responsibility.

4 Show you understand.



Listen to how your friend feels and show you understand.

5 Make it right.



Ask how you can put things right and do your best to make it better.

Read each scenario.

Write the steps (1-5) in the correct order.

- ☐ You say sorry to your friend.
- ☐ You listen to your friend when they explain how they feel.
- ☐ You think about what you did and realise it was wrong.
- ☐ You explain what happened and take responsibility.
- ☐ You ask how you can make it right and do something to fix it.



What could you say?

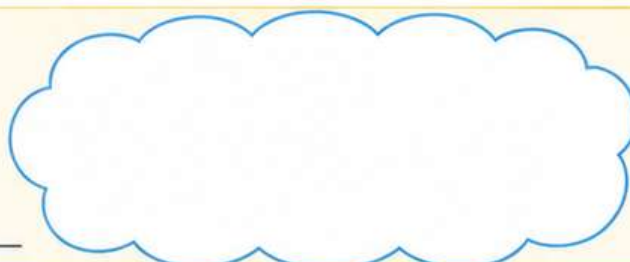
Write a kind apology for each situation.

- 1 You pushed your friend by accident. _____
- 2 You said something unkind. _____
- 3 You broke your friend's toy. _____
- 4 You didn't include your friend in a game. _____



Think!

How does saying sorry help your friendships?
Write or draw your ideas.



Saying sorry takes courage, but it helps your friendship grow stronger!

