



Resolving Friendship Issues



What's going on?



Write or draw what has happened:



How am I feeling?



Circle or write your feelings:

- Angry Sad Confused
 Worried Frustrated ☐ Other:

Why do I feel this way? _____



See both sides



What might the other person be thinking or feeling?

Why do they feel this way? _____



Pause and think



Before reacting:

- ☐ Take deep breaths
☐ Walk away and calm down
☐ Talk to a trusted adult
☐ Give myself time _____

What will I choose? _____



Communicate kindly



*I feel _____ when _____ because.....



Find a solution



Tick ideas that could help:

- ☐ Apologise
☐ Compromise
☐ Take a break _____

My plan: _____

Moving forward

What can I do to make things better?



What did I learn?



From this situation, I learned:



My resilience reminder



I can handle this because:



Next time I will...


