

# These friendship activities will help kids learn what a healthy friendship is and how they can create boundaries when needed!

**Instructor's Guide**

These activities can be used as stand alone activities, or together. They compliment the book Not-So-Friendly Friend by Christina Furnival. However you do not need the book to use these activities.

**Resource Objectives:**

- Students will identify
- Students will identify
- Students will understand

**\*All About Friendship B**

- This poster can be u
- of the activities in th
- classroom or office
- families, students or

**Healthy Friendship Cut**

- Students will cut out
- into the correspondi
- 6 are designed to he
- rectangles so they a

**How I Want To Be Tre**

- Students will draw a
- then respond to the

**\*How To Create Bound**

- See directions on pa
- Healthy Friendship Fol**
- See directions on pa

The color version of this download.

**ALL ABOUT FRIENDSHIP BOUNDARIES**

**What Is A Boundary?**

- Boundaries protect something.
- Friendship boundaries are the things we do to protect our space, things, feelings, time, and relationships.

**Why Do Boundaries Matter?**

- Boundaries help us make sure that we are treated with respect.
- Just like it's important for us to be kind, it's important for others to be kind to us.

**What Do Boundaries Look Like?**

Here are some examples of boundaries:

- Limiting how much time you spend with someone.
- Not talking about or doing things that you aren't comfortable with.
- Letting people know what you like and don't like.

**What Do Boundaries Sound Like?**

Here are some words to help you create boundaries:

- "No thanks."
- "Please stop. I don't like that."
- "I'm going to take a break until you can be kind."
- "We can talk about this when we're calm."
- "Please ask before you touch me or my things."

They can be used with or without the book The Not-So-Friendly Friend by Christina Furnival.

They are great for lessons or groups focused on:

- Friendship Skills
- Conflict Resolution
- Relational Aggression
- Boundary Setting


Includes this visual aid in color & BW

# “HEALTHY FRIENDSHIP” CUT AND PASTE

Name: \_\_\_\_\_

## HEALTHY FRIENDSHIP CUT & PASTE

**A good friend...**



**I might need help with...**

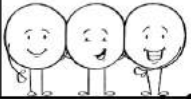
**HEALTHY FRIENDSHIP CUT & PASTE**

In a healthy friendship, both people are kind and respectful to each other. It's important to be a good friend, but unfortunately you can't control whether or not other people are kind and respectful to you. If they aren't, you may need to create a boundary – which is a way of protecting your space, things, feelings, time and relationships.

Creating a boundary might mean that you are clear about what you like and don't like, only spend time together when they are being kind, or only doing things you are comfortable with. Look at the friendship qualities below and decide whether it is something that a good friend does, or is an example of when you might need to create a boundary.

Cut out the rectangles and place them in the correct rectangle on the next page.

Blames me for everything	Uses kind and respectful words	Makes fun of me in front of others
Yells at me	Tells me who to be friends with	Says sorry when they do something wrong
Asks before touching me or my things	Cares about what I want to do	Doesn't respect my personal space
Encourages me	Listens to me	Doesn't stop when I ask them to
	Does what they say they will do	Doesn't care about how I feel



Students will look at 14 friendship characteristics and decide whether or not they describe a healthy friendship.

# “HOW TO CREATE BOUNDARIES” SORT

**Words That HELP Me Create**

Say nothing so no one gets mad at you.	"I don't like how you are talking to me."
"No one likes you or wants to be your friend."	"I wanted that, but I guess you can have it."
"I am having fun, so I want to keep doing this."	"If you don't want to play fairly, I'm going to play something else."
"Go away."	"Please don't do that again."

Students will identify specific statements they can use when creating boundaries.

They will look at 16 statements and decide whether or not these statements are helpful when creating boundaries.

Name: \_\_\_\_\_

### How I Want To Be Treated

It's important to be kind to others, but you deserve the same kindness! Think about how you like to be treated – things a good friend would say and do, and things a good friend wouldn't say or do.

In the center circle of this sheet, write your name on the line and then draw a picture of yourself. Then, use the prompts to help you write about how you want to be treated by others.

# “HOW I WANT TO BE TREATED” WORKSHEET

Kids will consider how they want to be treated. They will identify what they want others to do and say, and what they don't want others to do and don't.

# “HEALTHY FRIENDSHIP” FOLDABLE PAGE

Kids will create a plan for having healthy friendships. They will consider how they can show kindness to others and receive kindness and respect from others.

### HEALTHY FRIENDSHIP FOLDABLE PAGE

Directions: Cut out the rectangle below. Fold along the dotted line so the pictures/text is facing out. Then, cut the horizontal lines between each prompt, stopping at the dotted line. Lift up each flap and respond to the corresponding prompt.

I can be kind by...

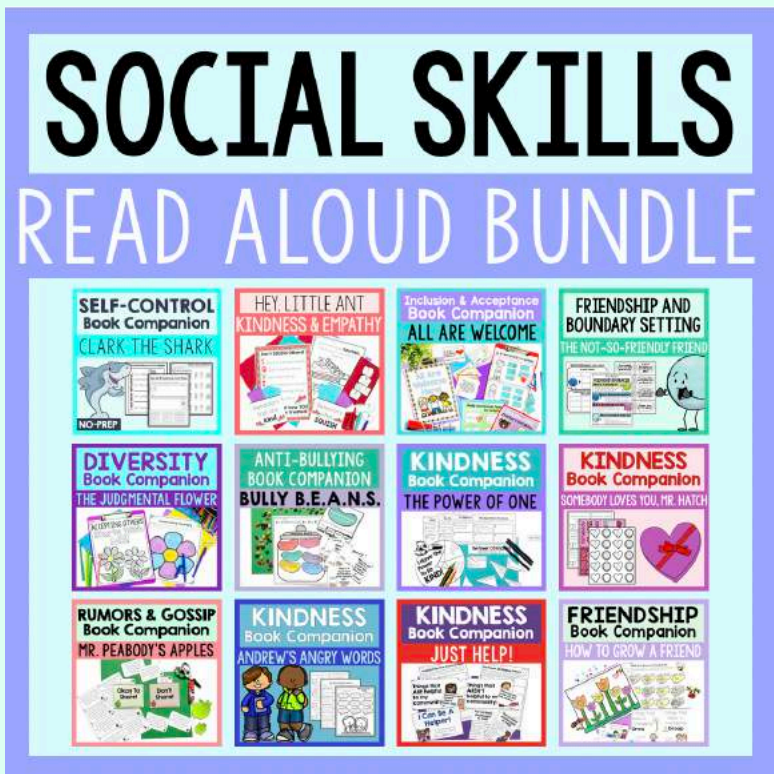
This is how people should treat me...

If people aren't treating me right, here's what I'll do...

If people aren't treating me right, here's what I'll say...

If I need help with a friendship, I will talk to...

# LOVE SEL READ ALOUDS? BUNDLE & SAVE!



These read aloud activities are part of a book companion bundle that includes social emotional learning resources to go with 12 picture books.

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