

Friendship Skills for Students

Friendships are a critical part of the formative years. Healthy friendships help students learn how to communicate, negotiate, learn teamwork, and have empathy towards others. While friendships can have a positive impact on our children's social lives, many friendships bring with them contention, miscommunication, misunderstandings and hurt feelings.

I have a high volume of student visits dealing with friendship issues, usually in grades 3-5 among the girls in our school. It is important that our students learn how to be a good friend, and what to look for in healthy friendships. Teaching our children friendship skills NOW will empower them to be good friends and form healthy relationships in their present and future.

How can I help my child(ren) increase their friendship skills?

- Make sure you are connecting with your children at home. When kids have a good secure base at home, meaning they feel secure and unconditionally loved, they will automatically connect with others more comfortably.
- Help your child solve friendship concerns. For example, if your child says, "What if my friends are not nice to me today?" instead of telling them, "Oh, I'm sure they'll be nice." say, "Good question, what do you think is a good way to handle that?"
- Handling unkind behavior: EMPOWER your child to handle when someone is unkind to them. Role play with them how to walk away or tell a trusted adult. Role-play how to assertively ask them to stop (by simply saying, "Stop doing that, I don't like it."). Teach them how to stick with friends that are good bystanders and protectors, or to play near an adult.
- Help your child be a good friend by practicing empathy. Empathy is being able to put yourself in someone else's shoes, to feel what they are feeling.

Friendship Skills Worksheets

[Healthy Friendships](#)

[Friendship Word Search](#)

[* "I Feel" Statements](#)

[Kindness Bingo](#)

***Friendship Problems?!**

Here are some ideas to help solve it...

1. Talk together-work it out
2. Ask them to please stop
3. Apologize
4. Ignore the problem (not the person)
5. Take turns and share
6. Play with someone else
7. Walk away and cool off
8. Use an I message
 - I feel...
 - When....
 - Could you please....?
9. Count to ten
10. Think or write about it

Books on Friendships :

***Enemy Pie**

***My Secret Bully**

The Invisible Boy

Pink Tiara Cookies for Three

***Making Friends is an Art**

***The Bad Seed**

Hen Hears Gossip

***Resource is used in my office with students**

Still have questions or concerns? Please don't hesitate to contact me!

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