

Counselor's Corner

Counselor Lesson: Friendships

Kindergarten: Read "[Join in & Play](#)" & role play making friends

1st-2nd: Learn about negative & positive friendships behaviors, and show how to be a friend in different situations

3rd-5th: Friendship game show! Learn the value and importance of friendships, learn skills that will help students develop healthy relationships, and tips on how to make and keep friends.



Helping Children with Conflict in Friendships

* 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?"

* 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. Teach them how to stick with friends that are good bystanders and protectors, or to play near an adult.



Books About Friendships

- > **Enemy Pie**
- > **My Secret Bully**
- > **Drama, Rumors & Secrets**
- > **Social Skills for Kids**
- > **Growing Friendships**
- > **Pink Tiara Cookies for Three**
- > **Making Friends is an Art**
- > **Just Kidding**
- > **Hen Hears Gossip**

Classroom Lessons

**October:
Friendships**

**November:
Feelings &
Emotions**

**December:
Coping Skills**

October

Hello Parents! This month we are focusing on **FRIENDSHIPS**.

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. We can help them learn to solve these problems on their own!

Friendship Tips for Kids

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
5. Take turns and share
6. Play with someone else
7. Walk away and cool off
8. Use an I message
 - o I feel...
 - o When....
 - o Could you please....?
9. Count to ten
10. Think or write about it

My Contact Information
amber.fjeldsted@washk12.org
435-634-7000

Click [Here](#) to access my parent resources page and click "Friendships" for more tips

