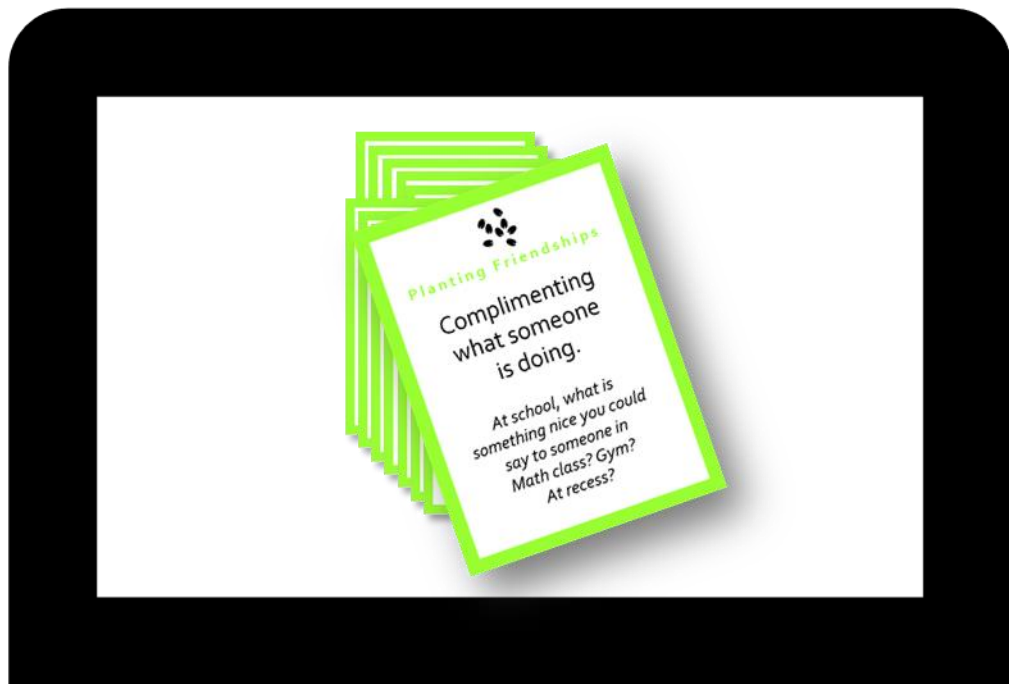


Growing Friendship Cards

(for on-screen display)



Joel Shaul, LCSW

A separate download provides a paper cut-out version.



Starting friendships is like planting seeds.



You may have to try over and over again to start friendships.



Some friendships will get started. Others may not.

Over time, people can get better at starting friendships.



Growing friendships is like
taking care of plants.



Friendships need to be looked
after carefully.



To help them grow, we care
for each friendship's
special needs.

With good attention, some
friendships get stronger
over time.



Often, friendships need
special help.



If you neglect friendships,
they can grow weaker.

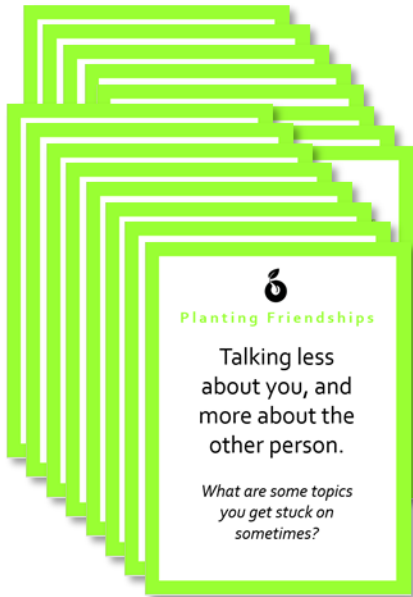


People can go through lonely
times when they
can't find a friend.

There are many kinds of
friendship problems, and
many ways to help.



3 sets of 16 cards.



Planting Friendships

These are to help learn ways to start friendships.

Growing Friendships

These are to help learn ways to make friendships stronger.



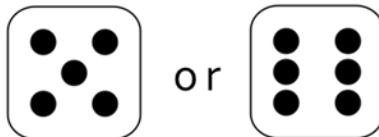
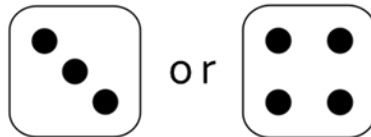
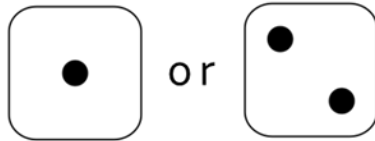
Helping Friendships

These are to help learn ways to solve problems people can have with friendships.



~OPTION~

Roll a die to pick a card.



Talk about friendship.



Find out
what
others have
to say.





Planting Friendships

Looking and
smelling nice so
others might
want to hang out.

*What are the different
parts of looking and
smelling good? What do
you need to work on?*



Planting Friendships

Taking part in
group activities
where you meet
others your age.

*What group activities
have you done outside of
school? Any others you
want to try?*



Planting Friendships

Asking
someone's name
and telling them
your own name.

*Are you good at learning
names or do you need to
work on it?*



Planting Friendships

Complimenting
what someone
is doing.

*At school, what is
something nice you could
say to someone in
Math class? Gym?
At recess?*



Planting Friendships

Complimenting
what a person is
wearing, or
holding.

*At school, when could
you compliment what
someone is wearing
or holding?*



Planting Friendships

Inviting someone
to do something
with you.

*What are some things
you might enjoy doing
with a friend at school?*

At your home?

Somewhere else?



Planting Friendships

Smiling and
showing interest
in the person.

*What are some words
people use to show they
are really listening to
what someone is saying?*



Planting Friendships

Learning some
basic information
about the person.

*What are some
important things to learn
about someone while you
are trying to get to know
them better?*



Planting Friendships

Learning what
others like and
don't like
about you.

*Name two things people
might like about you, and
two things people might
find annoying*



Planting Friendships

Fighting
thoughts that
make you lose
confidence.

*When you think about
making friends, what are
some anxious thoughts
you get sometimes?*



Planting Friendships

Talking less
about you, and
more about the
other person.

*What are some topics
you get stuck on
sometimes?*



Planting Friendships

Learning from
past experience
trying to make
friends.

*Describe something
you've learned from your
past efforts to
make friends.*



Planting Friendships

Picking topics
others can easily
talk about.

*With someone you are
with right now, ask about
their upcoming weekend,
how they like the
weather, and their
favorite game.*



Planting Friendships

Getting advice
from someone
you trust.

*What is a friendship skills
you need help with?*

*Who might be able
to help you?*



Planting Friendships

Being patient.

A close friendship does not happen right away.

Describe four or more stages between when you meet a person and when that person actually becomes a close friend.



Planting Friendships

Choosing a friend
who is like you in
some ways.

*Friends don't have to be
just alike, but it can help
if they are similar.*

*Tell about a friend. How
is that person like you?*



Growing Friendships

Planning a
playdate with a
friend instead of
just having adults
set it up.

*Why is this important as
kids get older?*



Growing Friendships

Calling or texting
your friend every
week or two.

*How is this helpful to
keep a friendship going?*



Growing Friendships

Helping your
friend if they are
unhappy.

*What could you do if
your friend is sad about
failing a test? Or if they
are worried about a
sick parent?*



Growing Friendships

Getting over a
problem with a
friend.

*What would you do if
your friend keeps
beating you at video
games? Or if the friend
accidentally breaks
something you own?*



Growing Friendships

Knowing when
you hurt your
friend's feelings.

*Describe something you
have done or said that
hurt someone's feelings.
Explain what you say
when you apologize.*



Growing Friendships

Accepting how a friend is different from you.

How would you cope with a friend that likes a different game, religion, or political leader than you do?



Growing Friendships

Being flexible if
plans change with
your friend.

*Describe what you would
do if your friend changed
their mind about what
game to play when you're
hanging out together.*



Growing Friendships

Sharing your
friend and not
getting jealous.

*What would you do if you
went to your friend's
home and two other kids
were already there,
playing with your friend?*



Growing Friendships

Thinking about a
friends' needs.

*At your home, what can
you do if your friend...*

...says, "I'm bored"?

...seems unhappy?

*...doesn't eat the snack
you get out?*



Growing Friendships

Giving to a friend,
not just *getting*.

*How could you "pay
back" your friend for...*

*...letting you go first?
...a birthday gift card?
...helping you with
school work?*



Growing Friendships

Respecting a friend's privacy.

*Friends sometimes share
things that are private.*

*What kinds of
information from a friend
should you not share
with other people?*



Growing Friendships

Build up
friendship skills
over time .

*With experience, kids get
better at friendship.*

*What is a friendship skill
you have learned
over time?*



Growing Friendships

Planning a variety
of play and
hanging out
activities.

*Name four enjoyable
things to do at your home
– inside, outside, screen-
based, not screen-based.*



Growing Friendships

Giving good
memories to
your friend.

*People remember the
time they spend with
you. What do you want
friends to remember
about you next week?
Next year?*



Growing Friendships

Recovering from setbacks.

How might you get over it if a friend...

...hurts your feelings?

...prefers other friends?

...moves away?



Growing Friendships

Knowing when to
end a problem
friendship.

*Occasionally, you should
end a friendship instead
of keeping it.*

*When might that be the
best decision?*



Helping Friendships

Liking being
alone too much.

*Enjoying time alone is
great, but it's possible to
get too used to it.*

*Tell about a time when
you were spending too
much time by yourself.*



Helping Friendships

Preferring online
friends more.

*Are your own friends
mainly online lately?*

*Describe the difference
between online friends
and in-person friends.*



Helping Friendships

Holding a grudge.

*Are there bad things a
person could do to make
you want to stop being
their friend?*

*What things could you
forget about, or get over?*



Helping Friendships

Trying too hard
to make a friend.

*Have you ever tried to
make a friend by texting
very often, or giving a
person a lot of things, or
doing whatever the
person wants?*



Helping Friendships

Getting stuck on past failures.

*Bad memories can take
away our confidence.*

*Describe something sad
that happened with a
friend. Tell about how
you are getting over it.*



Helping Friendships

Thinking
negatively about
yourself.

*Have you gone through
hard times when you
thought you are not cool
enough to have a friend?*

Tell about it.



Helping Friendships

Thinking
negatively about
other kids.

*Do you ever get attitudes
about other kids, like that
kids are "almost all bad"
in some way? Talk about
that now.*



Helping Friendships

Neglecting a friend.

Can you remember a time that you...

...played by yourself even though a kid was with you?

...went a long time without contacting your friend?



Helping Friendships

Being too rigid.

In your home, what are...

*...things you don't want
other kids to play with?*

*...routines in your home
that could be disrupted by
having a friend there?*



Helping Friendships

Focusing on your
friend's faults.

*How might you
get over it if your friend...*

*...said a very
bad word?*

*...admitted he stole gum
from a store once?*



Helping Friendships

Bossing a friend.

If you are used to playing alone, or if you like doing things your own way, you will need to work hard on being less bossy.

Tell about a time when you got too bossy.



Helping Friendships

Giving a friend
bad memories.

*In their minds, people
make "memory files"
about their experiences
with us. What is a bad
memory a friend might
have about you?
A good memory?*



Helping Friendships

Sticking to young play habits.

Playing by yourself, it's usually okay to do "little kid" activities. Which kinds of younger play activities should you avoid with kids your age?



Helping Friendships

Not learning from mistakes.

Describe a video game skill you learned by making mistakes first.

Describe a mistake you made with a friend. What did you learn from it?



Helping Friendships

Relying too much
on grown-ups.

*All kids need the help of
adults. Over time, kids do
more on their own.*

*What friendship skills
should a child need less
help with as they
grow older?*



Helping Friendships

Ignoring a friend's problems.

Friendship isn't always just fun. How might you help a friend who has been sick for two weeks?

Or a friend who is worried about his uncle in jail?