

# Growing Friendship Cards

Print version



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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.

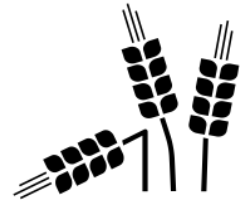
With good attention, some  
friendships get stronger  
over time.



Often, friendships need special help.



If you don't pay enough attention to 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.

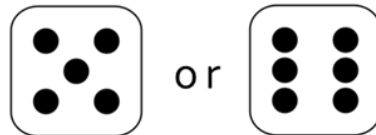
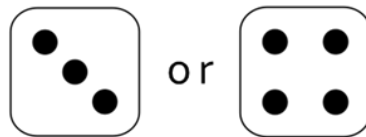
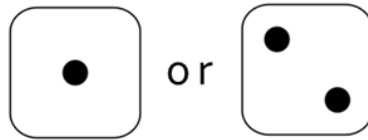


## Helping Friendships

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



# Roll a die to pick a card.



# Talk about friendship. Find out what others have to say.



A screen-based  
version is  
available in a  
different  
download.



## 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?*

*What if you or your friend don't have phones?*



## 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 friend's 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 tell each other private things.*

*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, but 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 just for 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?*