

HELPING KIDS MAKE AND BE FRIENDS

Below are some of our favorite evidence based approaches for helping your child make and be a good friend.

1. Show your child warmth and respect so that they can do the same for others.
2. Be your child's "emotion coach". Help them learn how to manage their own emotions.
3. Nurture your child's ability to be empathetic - able to understand the emotions and perspectives of others. And give them opportunities to learn the art of compromise and negotiation. Kids need to be able to think of peaceful ways to resolve conflicts.
4. Teach and practice conversation skills with your child such as how to introduce themselves to others, and how to listen well.
5. Teach your child how to apologize and make amends. Studies confirm that children are more likely to forgive a peer for wrongdoing if that peer actively apologizes.

Source:
parentingscience.com/childs-make-friends/



HOW TO MAKE A FRIEND:

1. Pick a new friend and time to meet.
2. Walk up to the new friend with calm words and behavior.
3. Introduce yourself: "Hi! I'm ____." Ask them their name too!
4. Ask if the person wants to do something with you.
5. (Practice these with an adult!)



SHARING BIG FEELINGS MATCHING GAMES:

Parents/Guardians, read each feeling statement below to your child and ask them to point to or draw a line to the emoji that best fits the feeling.



- "When someone asks me to play, I feel happy."
- "When my toys are used by others, I feel angry."
- "When others won't let me play, I feel sad."
- "When there is loud yelling, I feel scared or worried."
- "When I don't understand something, I feel confused."

Connect with RESPECT!

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ANYBODY CAN BE A FRIEND!

Anybody can be a friend by, smiling, sharing, listening, including others, respecting differences, respecting space.



What are some ways you can be a friend?
Have an adult write them down for you or draw a picture of being a friend.



FOR MORE HELP CHECK OUT THESE RESOURCES

- Stopbullying.gov
- Boys Town National Hotline 1-800-448-3000
- Commonsensemedia.org
- Suicide and Crisis Life Line Dial 988

THE SUPER SWEET FRIENDLY SNUGGLES SONG

BY NICK ZADINA

You need to make a friend? Soon you will see,
You made a good choice in asking me,
What might be the best way in town,
To make sure you have friends all around.

There are four steps that you must take,
If a good friend is what you wanna make,
So why don't we go over them now,
And if you remember them you
will know how.
To make a friend.



STEP ONE

Pick a new friend and a time to meet,
Make sure it's a time that's super sweet,
Because if you pick a time that's kinda bad,
You might end up feeling really sad.
Without a friend.

STEP TWO

Walk up to your friend and please stay calm,
If you're too loud they might think you're a bomb,
Because when people are loud and scream,
Others might think they are kinda mean.
And have no friends.

STEP THREE

Go ahead and say your name,
If they're friendly they'll do the same,
But if they aren't playing your game,
Go ahead and ask them, "What is your name?"
And let's be friends.

STEP FOUR

And the last thing you want to say,
Is ask them, "Hey, you wanna come out and play?"
Make sure you're kind, say thank you and please,
And these four steps are the main keys.
To make some friends.



HOW TO STOP & THINK

1. Put your hands out in front of you and say, "Stop!"
2. Take a deep breath in through your nose and out through your mouth.
3. Point to your brain and say, "Think!"
4. Let the wheels turn and say, "How can I help?" (Spin your fingers like wheels.)



When you're alone and you're
feelin' blue,
Please don't forget it's not only
you.
So be that leader, be that friend,
Be kind to others, not just pretend.
So be that leader, be that friend,
Be kind to others, not just pretend.
So be that person, who shows
their might,
RESPECT for others, and do
what's right.
* And do what's right,
*AND DO WHATS RIGHT!

Link to Song:
https://youtu.be/YkwnWwgtc_A



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