

I only like bungalows with purple rooves	I only like houses with green rooves and red doors	I only like 2 storey houses with blue doors
I only like houses with purple rooves	I only like houses with green rooves	I only like houses with yellow doors
I only like houses with 5 windows	I only like houses with 1 window	I only like houses with brown rooves
I only like houses with 3 windows	I only like houses with red doors	I only like houses that are 3 storeys
I only like houses with blue doors	I only like houses with 2 storeys	I only like bungalows

Friendship skills

Circle all of the characteristics that make a **good** friend.

To have
good friends
you must **be**
a good friend!



Listening to each
other

Hurting each
other's feelings

Teasing
each other

Helping each other
solve problems

Giving each other
compliments

Being reliable

Understanding each
other's feelings and
moods

Hurting
each other

Respecting
each other

Being honest
with each other

Lying to
each other

Caring about
each other

Having fun
together

Using nice manners
with each other

Yelling at each
other

Being bossy

Solving conflict

Here are a few things that you need to do to sort out the problem.

Sometimes we can get pretty angry or feel that something is unfair. So what should we do? We could throw a huge tantrum or we could try to sort things out.



1. **Stop** before you lose your temper.



2. **Say** what is bothering you.



3. **Listen** to the other person.



4. **Think** of a solution to the problem that will satisfy everyone.



Write down the four steps for solving a conflict in the stepping stones.

1.

3.

2.

4.

Solving conflict

Here are a few things that you need to do to sort out the problem.

1. **Stop** before you lose your temper.

Take some deep breaths and calm yourself down.

Get a drink of water.



Sometimes we can get pretty angry or feel that something is unfair. So what should we do? We could throw a huge tantrum or we could try to sort things out.



2. **Say** what it is that is bothering you.

These are some words you could use to get started:

I ...

I heard ...

I feel ...

I saw ...

I wanted ...



3. **Listen** to the other person.

Listen without interrupting.

Try to imagine how the other person feels.



4. **Think** of a solution to the problem that will satisfy everyone.

Brainstorm lots of possible solutions.

Compromise and agree on a solution that you both like.



Choosing games

It is fun to play games with friends. So it is good if everyone agrees on what to play.

Sometimes it is hard for my friends and me to agree on what we should play. We always try really hard to work it out nicely.



How can we decide together what to play?

1. First we **listen** to each other's ideas.
2. Then we try to **compromise** and come to a decision.
3. If we can't decide on one game, we can **take turns** to play different games so that everyone plays what they want to.

Write the three steps for choosing a game in the stairs. Use your own words if you don't want to write all of the words used above.

1.

2.

3.

Emotions on my face

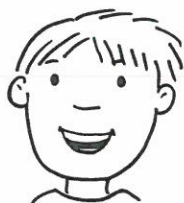
What do the faces show?

Look carefully at the expression on each face below. Choose one word from the box that names the feeling that the face shows. Then write the word on the line under the face.

We can tell a lot about how a person is feeling by the expression on their face.



Sad	Excited
Angry	Happy



When do you feel ...?

What might have happened to the person to make them have each of these feelings? Talk about it with a partner or with your class. Then write your ideas below.



I feel happy when _____



I feel sad when _____



I feel excited when _____

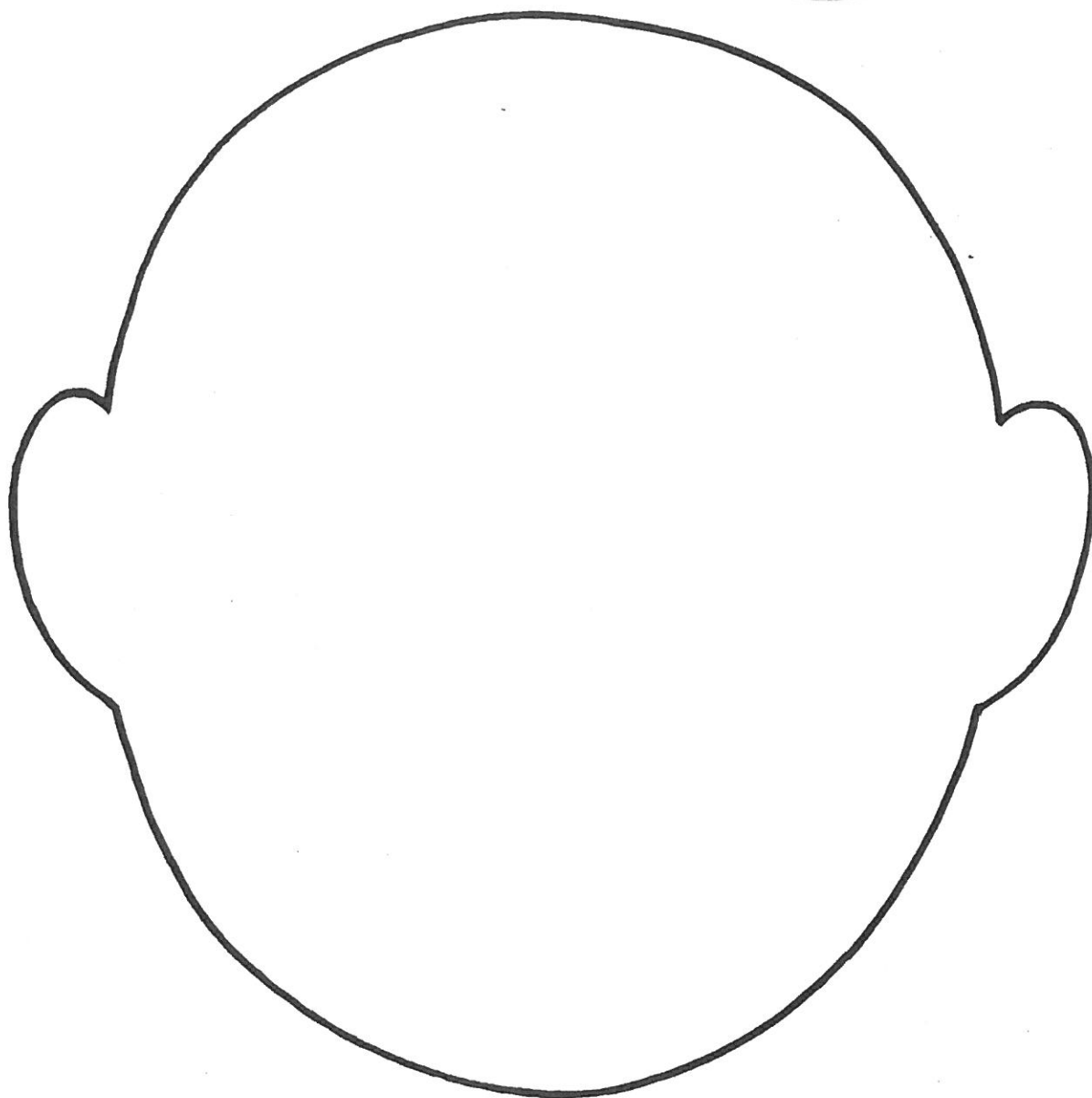


I feel angry when _____

Feeling happy

Draw your happy face on this picture.

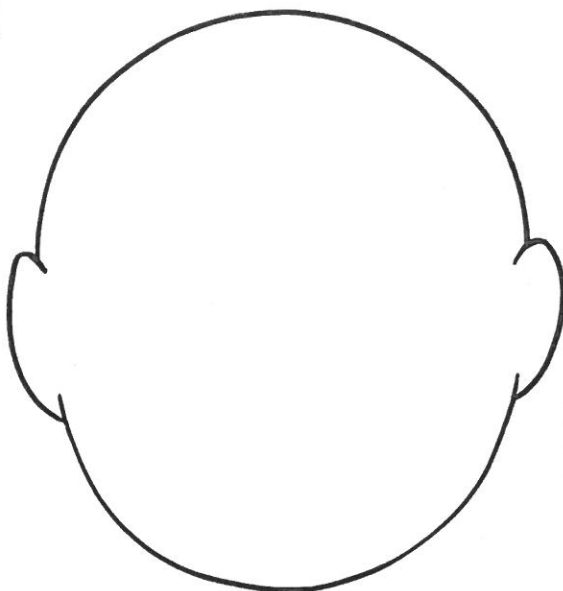
I am so cheerful and full of life when I am feeling happy.



What sort of things make you feel happy? Draw these things around the face and label each one.

Feeling sad

Think of a time when you felt **sad**. Draw a picture of what your face looks like when you feel sad.



*Feeling sad is OK!
We all feel blue from time to time.*

What happened to make you feel sad?

Why do you think you feel better now about whatever made you sad?

Over time the feeling of sadness goes away and you begin to feel better and better.



When you feel sad or blue next time, you can cheer yourself up by:

- ---
- ---
- ---

Feeling excited

Put a circle around the things below that make you feel **excited**.

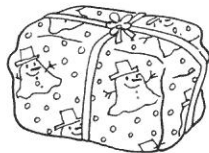
I am so **excited!** There are only three more days until it's my birthday.



Doing your homework



Your birthday party



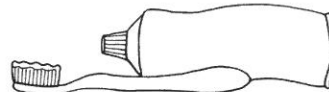
Opening presents on Christmas morning



Going fishing



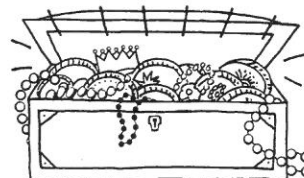
Cleaning your room



Brushing your teeth



Going to the zoo



Finding treasure

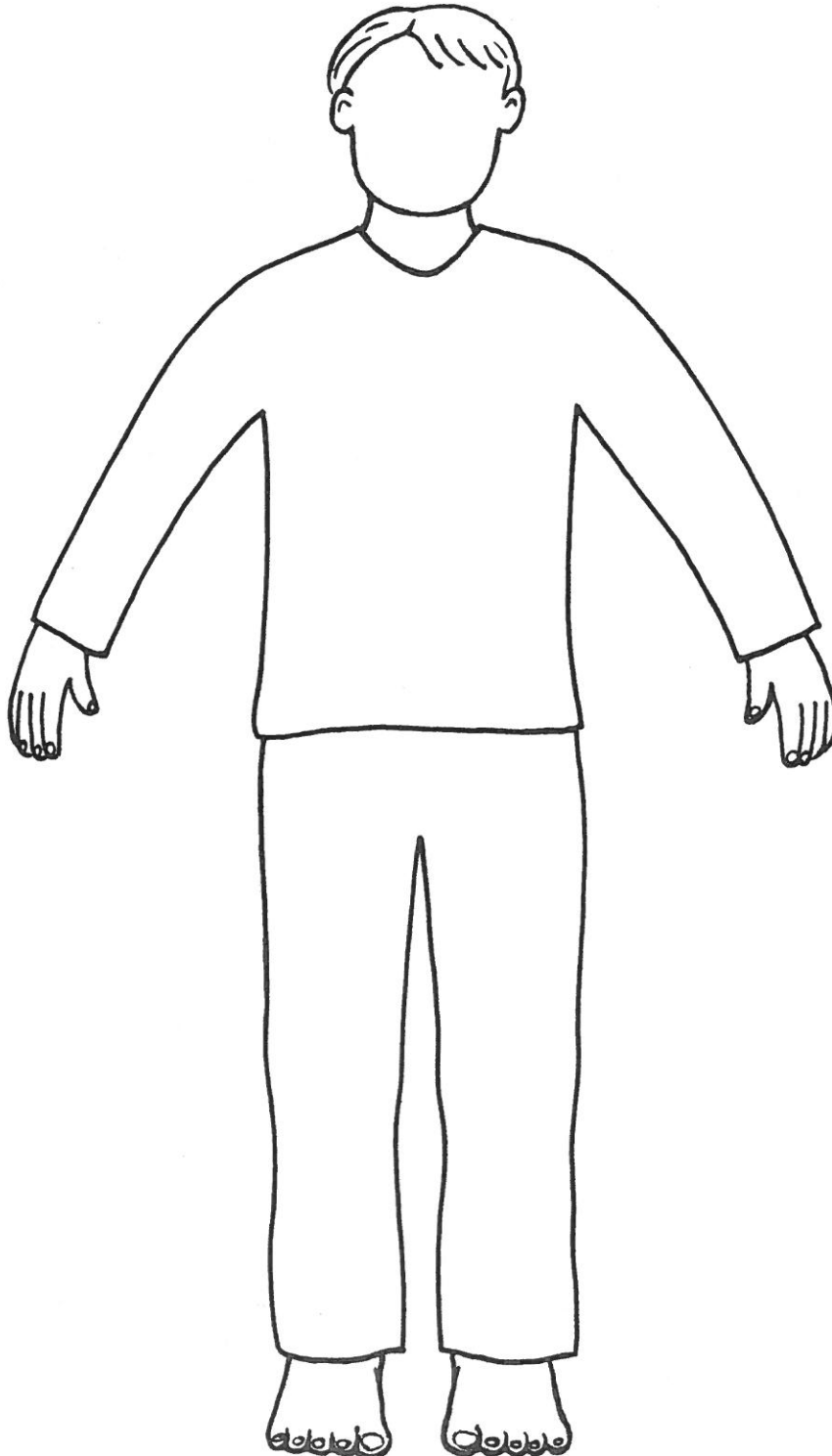
Discuss these questions with a partner or your class:

- Why do you get excited about the things you circled?
- Why do you **not** get excited about the things you did **not** circle?

Feeling angry

Think of a time when you felt **angry** about something. What did you notice happened to your body when you became angry? Show what happened on the picture below and label the different parts of your drawing.

*When I
get angry I stamp
my feet, clench my
fists and raise
my voice.*



Feeling happy

Describe one thing you like to do during your break that makes you feel happy and cheerful.

I feel like playing games with my friends when I am feeling happy.

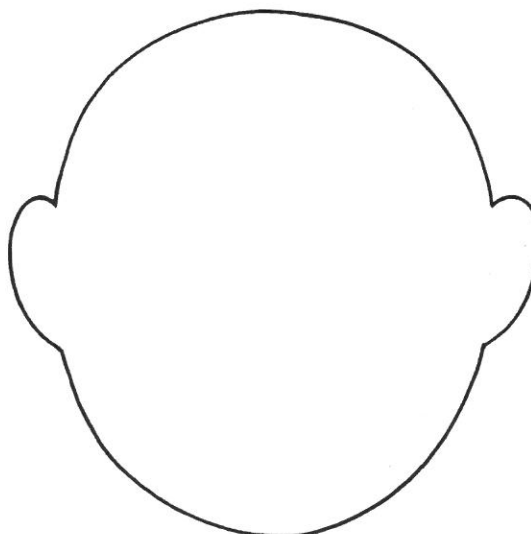


Draw a picture of this activity here.

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of the activity they described.

What words would you use to ask someone else to play with you?

What expression would be on your face when you asked someone to play with you? Draw your expression on the face below.



Feeling sad

Think of somebody you trust who would be a good person to talk to if you felt sad.

Write this person's name here: _____

When you
feel sad, it is a good
idea to talk about it
with someone you
trust.



Draw a picture of you and this special friend together.

Think of a time you felt sad. What happened to make you feel this way?

What would you say to your special friend about your sad feelings?

What do you think they would say back to you to make you feel better?

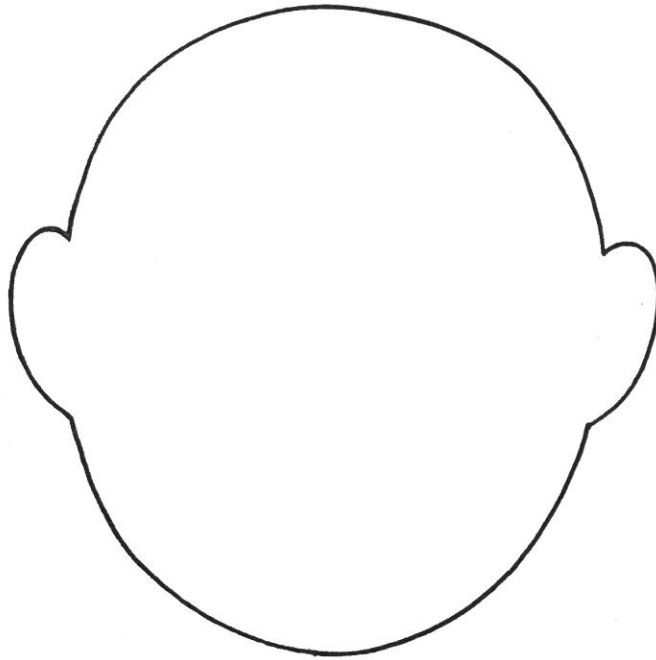
Feeling excited

Describe a time when you felt excited.

When I feel excited, I have so much energy that I just want to jump up and down.



Draw a picture of your face showing how excited you were feeling.



What sorts of things did you do because you were feeling so excited?

What happens to your body when you feel excited?

Feeling angry

You know that you are feeling angry when you can feel the physical signs of anger.

What are the physical signs for you when you feel angry?

When I feel angry, I feel like I am going to explode so I do a few things to help me calm down.

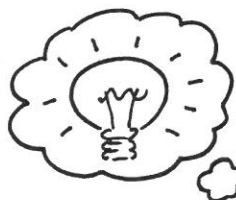


When you get these kinds of signs, you know you have to think, "Stop".



Then you take three deep breaths and think calming thoughts. What are your calming thoughts? Write them in the thought bubble.

When you have calmed down, think of some solutions to the problem that made you angry in the first place.



Angry action plan

Sometimes I can get **angry**.

Here is what I can do if I start to feel angry.



First I can _____

Then I can _____

Then I can _____

Then I can _____

Then I can _____

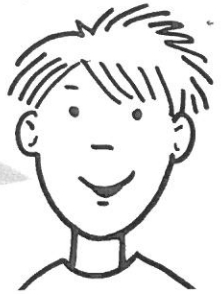
Then I will feel better.



When is it appropriate?

Circle Yes or No for each possible answer.

Appropriate
is another
way of saying
OK.

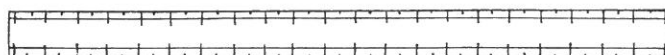
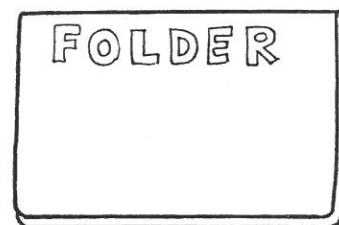
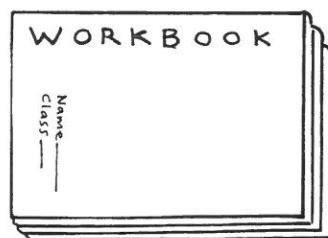
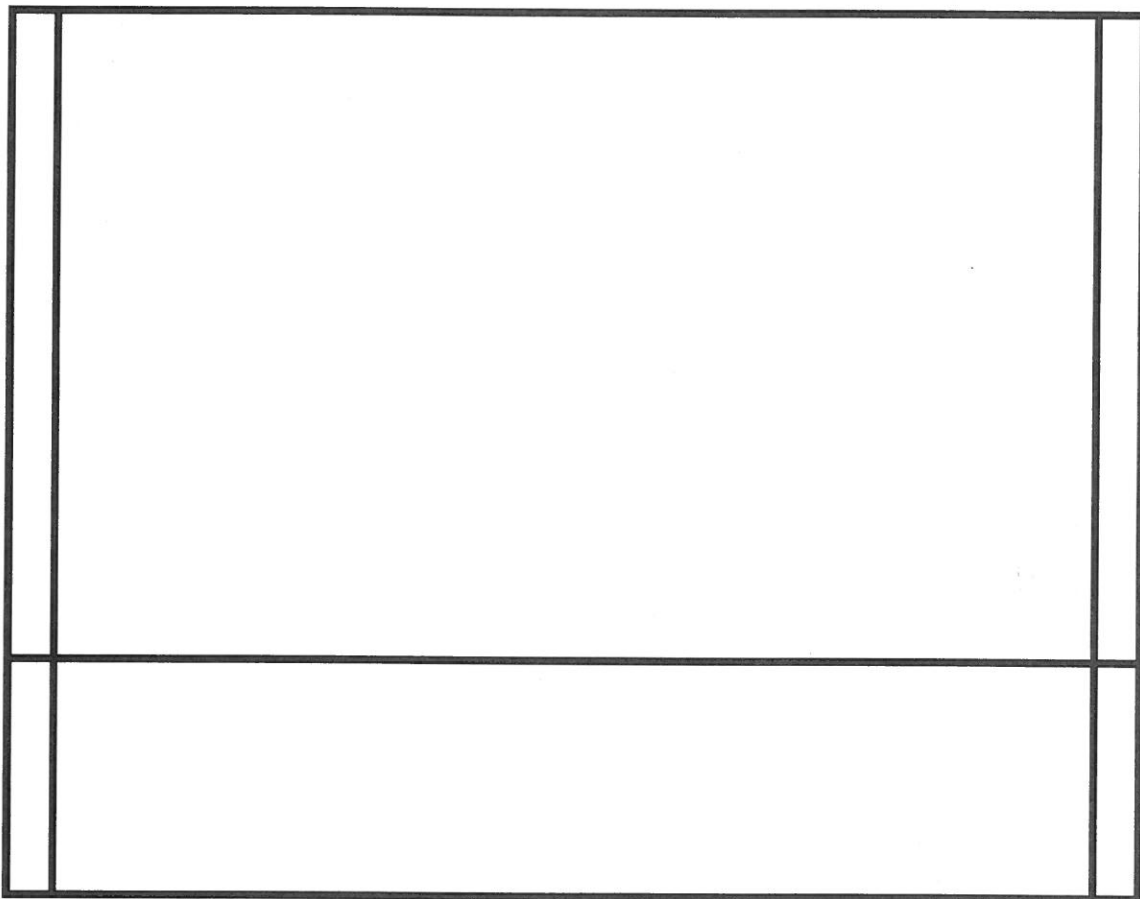


1. When is it appropriate to say "Hello" to someone?
 - a. When you meet a friend Yes / No
 - b. When you are walking through a crowd of people Yes / No
 - c. When you pass a stranger on the street Yes / No
2. When is it appropriate to yell or use a loud voice?
 - a. When you are in the classroom Yes / No
 - b. When you are playing outside Yes / No
 - c. When you are sitting next to a classmate in assembly Yes / No
3. When is it appropriate to hug someone?
 - a. When someone smiles at you Yes / No
 - b. When you see your teacher Yes / No
 - c. When your friend has hurt themselves Yes / No
4. When is it appropriate to talk to other children at school?
 - a. When you are in assembly Yes / No
 - b. When the teacher says it is OK to talk Yes / No
 - c. When you are at your desk doing work Yes / No
5. When is it appropriate to play?
 - a. When you are supposed to be working Yes / No
 - b. When it is lunch time Yes / No
 - c. When you have finished your work Yes / No

Getting organised

Cut out the items below. Then arrange them in the desk below. Try to arrange the items so that you can use and put away everything in it easily.

When I store my belongings in an organised way, it is easier to work and find the things I need.



Time to do my work

When it is time to do work at my desk, I need to remember to ...

There are things I can do to help myself settle down to my work and work well.



1. _____

2. _____

3. _____

4. _____

5. _____

Then I can work really well.

How can I be a good friend?

You are a wonderful, caring and considerate friend. What would you do in each of the situations listed below?

*I can
show I'm a
good friend in
all kinds of
ways.*



If my friend fell over and grazed a knee, I would

If my friend wanted to play a different game from the one I wanted to play, I would

If my friend forgot lunch on a special class trip day, I would

If I got an invitation to my friend's birthday party, I would

If my friend was feeling sad, I would

Saying "No"

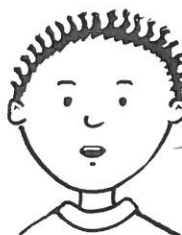
If your friend suggests doing something bad or dangerous, then look your friend straight in the eye and confidently say, "No". Here is what to say and do next.

Saying
"No" can be
really hard but
sometimes it is a
really good, safe
thing to do.



1. Name the problem.

Say, "That's dangerous" or "That's mean".



That is
dangerous

2. Say what could happen.

It might be that you could get hurt, you could get into trouble or you could feel bad if you did the wrong thing. Tell your friend which of these problems is bothering you.



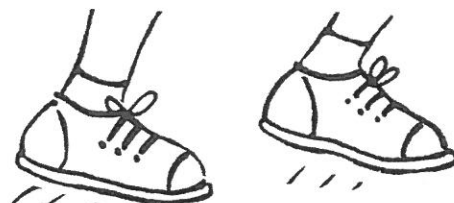
3. Suggest something else to do.

Having another suggestion makes it easier for your friend to go along with you.



How about
we try to
build the
biggest Lego
tower ever?

4. If you can't change your friend's mind, **walk away** but let your friend know he or she is welcome to join you.



I'm going inside to
start building the
tower. If you change
your mind, come in
and help me.

Saying "No"

*Saying "No"
can be really hard
... but sometimes
you really need to
do it.*



If your friend is making a bad or dangerous decision, then look your friend straight in the eye and confidently say, "No". Here is what to say and do next:

1. **Name the problem.** Say, "That's dangerous" or "That's mean".
2. **Say what could happen.** It might be that you could get hurt, you could get into trouble or you could feel bad about doing the wrong thing. Tell your friend which of these problems is bothering you.
3. **Suggest something else to do.** Having another suggestion makes it easier for your friend to go along with you.
4. If you can't change your friend's mind, **walk away** but let your friend know he or she is welcome to join you. For example, you could say, "I'm going to the park. If you change your mind, come on over."

What are the four steps for saying, "No" to a bad or dangerous decision? Write them in your own words.

1. _____



2. _____



3. _____



4. _____



How would you say, "No" in each of these situations?

Your friend wants to steal some stickers from the teacher's desk.

Your friend wants to climb up onto the classroom roof.

Your friend wants to write graffiti on the wall in the school toilets.

Your friend wants to tease some other children in the playground.

Your friend wants to sneak out of school at lunch time.

Being positive

It is really helpful to think about things in a positive way.

For each negative thought below, think of something positive about the situation. Write down the positive thought.

Sometimes when I try to do something new or difficult, I think positively and tell myself to have a go and do my best. This is called self talk. I am giving myself a pep-talk – a bit like a coach does to a sports team before the game starts.



Example

Negative: Oh no, my best friend Riley is away today. I am not going to have anyone to play with at lunch time.

Positive: While Riley is away, I can play with William. I haven't played with William in a really long time. He is so funny.

Negative: I just dropped my pencils everywhere. Why do bad things always happen to me?

Positive: _____

Negative: I can't draw a picture of myself. That is too hard. I am a terrible artist.

Positive: _____

Negative: I don't want to play sport. I will miss the ball and everyone will laugh at me.

Positive: _____

Giving compliments

Think of someone you would like to say something nice to. Write the name of this person here. _____

Giving a compliment to a person is a great way to start a conversation. A compliment is a nice thing you say to someone about them.



In the speech bubbles, write down three different compliments you could say to this person.

Three large, empty speech bubble shapes for writing compliments.

How do you think the person would feel if you gave them any of these compliments?



You have a great smile.

Thanks, you are a great friend.



Receiving compliments

Think of one compliment someone could say about your **personality**. Write it in the left-hand speech bubble. In the right-hand speech bubble, write what you would say back to the person who gave you this compliment.

*When someone says something nice to you, you are **receiving a compliment**. It is polite to say, "Thank you" when you receive a compliment.*



Think of one compliment someone could say about your **appearance**. Write it in the left-hand speech bubble. In the right-hand speech bubble, write what you would say back to the person who gave you this compliment.

Think of one compliment someone could say about your **best work**. Write it in the left-hand speech bubble. In the right-hand speech bubble, write what you would say back to the person who gave you this compliment.