



Introduce Me to Your Friend

Moving schools is a great opportunity for children to make new friends, but children can also be worried about making new friends or existing relationships changing.

This activity is a good one to reflect on what makes a good friend, and how friends can help and support each other.

Get your child to complete the sheet about one of their friends from school.

Complete one yourself too and share with each other about your friends.

Discussion points

- How can you resolve a disagreement between friends?
- Is it important to have things in common with your friends?
- What makes a good friend?

My Friend

What makes your friendships special?
Think about a good friend and fill out your answers.

My friend's name _____

How did you meet? _____

How do you help each other? _____

Tell me about a time you've had a problem, argument or disagreement with your friend

How did you feel? _____

What did you do to feel better? _____

What did you do to improve the situation? _____

What activities do you like to do together? _____

Tell me about one of this friend's faults _____

Tell me about three of your friend's good qualities _____

Tell me about an interest or activity you do **not** have in common

Add a picture of your friend.

Let's talk...

What do you think makes a good friend?