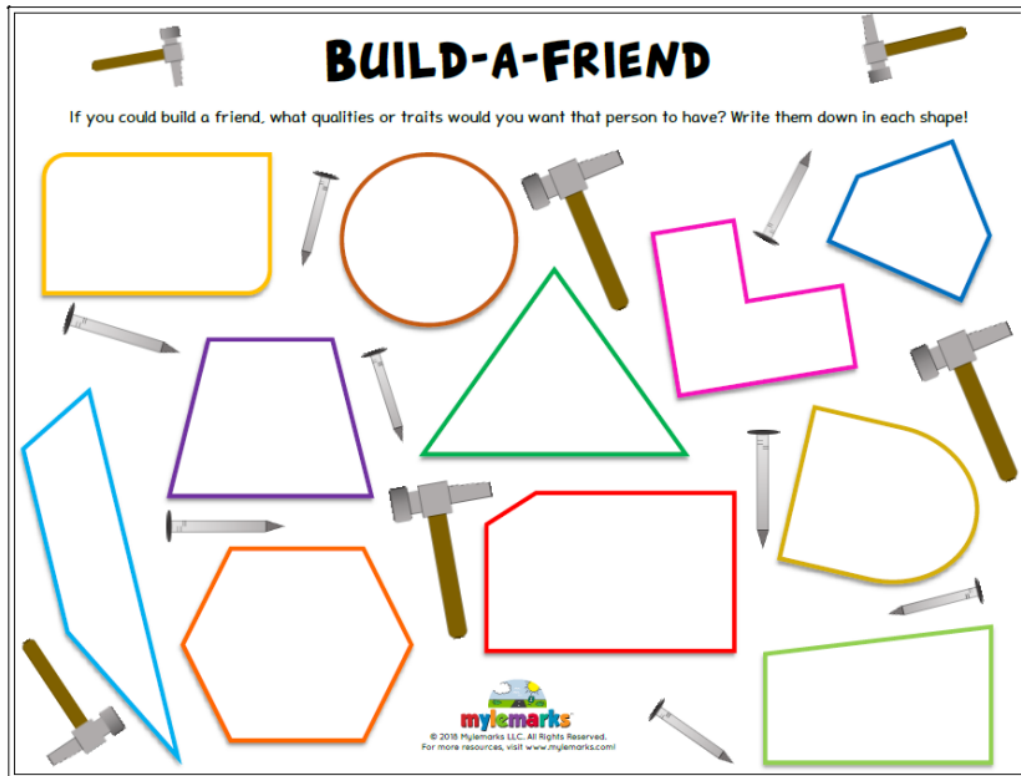


Wellness Lesson 6

Corresponding video: Friendship- <https://www.youtube.com/watch?v=d9HH3pTmHz8>

Activities:

- Discuss qualities that “good” friends have, the below worksheet can help to write ideas down.
- Family check in.... what qualities does each family member have that make them a good friend?
- What can each family member work on to be a better friend to others?



Options for Families:

- The resource below is a link to a fun interactive game that can be played as a family all about friendship.

<https://www.twinkl.com/resource/t-t-3643-how-to-be-a-good-friend-cards>

Challenges for parents:

- Discuss options for kids when they encounter someone who is not being a good friend
- Discuss qualities that would make someone a “best friend” and then qualities that make up a not so good friend or a sore loser. (Use the points brought up in the video for talking points if needed)