

Being a Brilliant Friend

Be a Buddy, Not a Bully: How to be a Bright Star in Someone's Day!

- A good friend listens carefully when you are speaking to them.
- Kindness means doing nice things for others without needing a reward.
- Trust is built when we tell the truth and keep our promises.
- Sharing your toys or your time shows that you care about your friend's feelings.
- Respect means accepting that your friends might like different things than you do.

Did you know? Did you know? Research shows that having a good friend can actually make you feel happier and help your brain learn better! When we share a smile or a kind word, our bodies release special chemicals that make us feel calm and cheerful.

Key vocabulary: Kindness · Respect · Listening · Sharing · Trust · Honesty