The Friendship Forest: Building Kind Connections

Be a Buddy, Not a Bully: Grow Your Friendship Tree!

■ True friendship is built on trust. This means being honest with your friends and keeping your promises to one another.

■ Empathy is the ability to understand and share the feelings of another person. When a friend is sad, try to listen and show you care.

■ Inclusion is about making sure everyone feels welcome. A good friend makes an effort to invite others to join in games and activities.

■ Respect means valuing your friend's opinions, even when they are different from your own. It is okay to disagree as long as you are kind.

■ Healthy communication involves speaking clearly and listening actively. Always give your friend a chance to share their thoughts.

■ Conflict is a normal part of life. A great friend looks for a fair solution that helps everyone feel happy and safe again.

Did you know? Did you know? Research suggests that having positive friendships can actually boost your confidence and help you feel more resilient when facing challenges at school. Just like Nova the owl and Leo the lion, friends help each other see the world from different perspectives!

Key vocabulary: Empathy · Trust · Cooperation · Respect · Inclusion · Communication