

# Guidelines for Let's Talk About Friends

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



## GRADE 4 ACTIVITY - Let's talk about friends

**OBJECTIVE:** Students will decide if the situations presented are part of a healthy friendship or not.

**DIRECTIONS:** Go through the first page together. At this time it will be important to encourage students to talk about their own experiences.

The following activity is a basis for discussion about friendships. The adult can help to make the connection between healthy friendships and good mental and emotional health. We want students to understand that having healthy friendships can help us as we experience different emotions.

Questions to help start discussion:

- Are you a good friend? How do you know?
- Why do you think it is important for a friend to appreciate your talents?
- Why do you think it is important to listen to your friends? Is there ever a time when you shouldn't listen to a friend?
- Think about one of your good friends, do they do all the things on the list? Is there something else they do that makes them a good friend?

After discussing the first page the student can do the second part individually or it can be done as part of the discussion.

If you or your child need support with mental health, reach out to a mental health professional.  
You can find resources and assistance at [FastTrackerMN.org](http://FastTrackerMN.org).



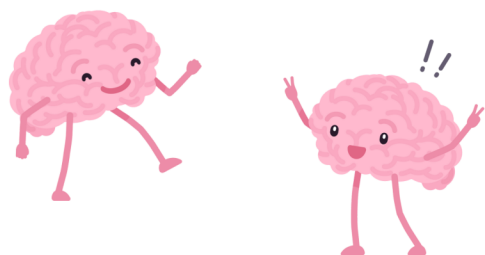
Name \_\_\_\_\_



# Let's Talk About Friends

Friendships are important for good mental health!

## Picking friends wisely.



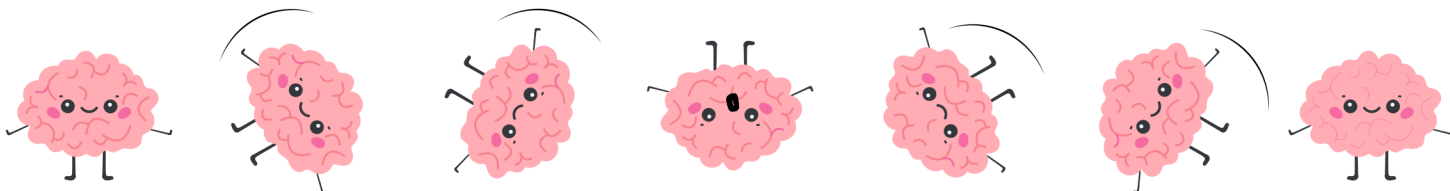
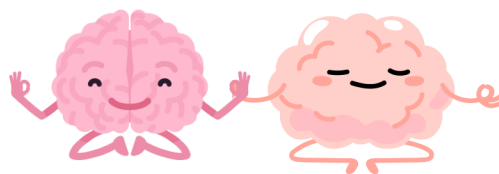
A good friend...

- shows me kindness.
- helps me when I need it.
- allows me to have my own ideas.
- appreciates my talents.
- is kind.
- includes me in activities.

## Being a good friend comes first.

I am a good friend when I...

- am being kind.
- am generous.
- listen.
- accept my friend's differences.
- include friends in activities I like.
- know my friends can have other friends too!



Name \_\_\_\_\_



# Let's Talk About Friends

Friendships are important for good mental health!

**DIRECTIONS:** Cross out the situations that don't show positive friendships.

My friend tells me they are feeling sad. I ask them if they want to talk about it, and then I listen.

My friend wants to help when I tell him that I'm worried about a test we have in math.

My friend tells me that I am not cool enough to go to a concert with him and his other friends.

My friends are vaping and they tell me that I can't hangout with them if I don't try it.

My friend is having a party and some of my friends are making fun of me because I wasn't invited.

I got a new haircut, and some kids are teasing me about it. My friend tells everyone that she thinks it looks really good.

