



What is a friend? Find out with these activities picked just for you!

A friend... uses kind words. To show your child how kind words and mean words make someone feel, you will need some cotton balls and a piece of sandpaper. Have your child touch the cotton balls and talk about how soft they are and how they don't hurt your fingers to touch them. Then, tell them kind words are like cotton balls and then give some examples. Now, let them rub their fingers on the sandpaper. It will feel rough and sharp and if you rub too hard, you may even cut your finger. That's what mean words are like and give some examples of those as well. Remind your child that friends use cotton ball words!

A friend... shares. Ask your child if they would like to help you make a friendship trail mix. You should already have different ingredients poured into small bowls- pretzels, raisins, chocolate chips, mini-marshmallows, etc. Now, slide some of the bowls towards your child and the other bowls towards you. Explain to your child that they can make trail mix using their ingredients and you will use your ingredients. Begin placing items in a baggie. If your child doesn't ask first, then you say, "Wow, you have chocolate chips for your trail mix. I don't have any of those. Would you share with me?" In turn, your child will see that if they share with you then they could ask you to share with them. In the end, the trail mix will be so much better because you and your child shared!

A friend... helps. Create scenarios during the day where you ask for your child's help. Maybe you are bringing in groceries and you say, "This bag is so heavy. Could you help me and carry one thing?" Or, maybe you are folding laundry and say, "I'm so tired. Could you help me fold the laundry?" Each time your child helps you say, "Thank you for being such a good friend and helping me." These words will be repeated when your child has a playdate and their friend asks them to help them do something. You can say, "Oh, you are helping just like you helped mommy at home. You are being a good friend." Practicing this behavior with your child will help them learn how to help someone else!

