

## METROCARE SERVICES GUIDEBOOK FRIENDSHIP SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

### FRIENDSHIP CATEGORY:

#### Free To Be Friends

- Who can you be friends with? Identify kids of varying ages from various places.
- How do friends make you feel?
- How do you make friends feel?

#### If I Had A Truck

- What would you fill a truck full of?
- If student is having a hard time saying what he/she needs...ask what do you need a truck of right now?
- For empathy...what do you think “Jane” needs a truck of right now? How do we show/do that?

#### Wouldn't It

- What things would you miss if everything was only yellow or orange or....?
- Use in a guidance lesson for how we need a variety to make the world an interesting place. What would it be like if everyone was good at soccer and no one was good at art...etc...

#### Together Differently

- What is special about you?
- How are you unique?
- How are your friends unique?
- Is different good, bad or just different?
- Use the song before student has to be in a competitive situation.

#### A Hug Works

- What kinds of hugs can we give...physical, facial, notes, pictures, high five, fist bump.
- When are hugs ok? Who is it okay to give a hug to?
- How do you feel when you are hugged?
- Does everyone like a physical hug? Does that mean they don't like you if they want a different type of hug?

### **All It Takes is a Friend**

- Friends make all the difference. Tell me about a friend you have – what do you like about your friend?

### **Circle of Friends**

- Even when times are tough, our friends help us out. When has a friend helped you? When have you helped a friend?
- What are some qualities of a good friend?

### **My Greatest Adventure**

- Tell me about a great adventure you have had with a friend or family member. What did you like about it?
- Describe what your greatest adventure would look like.

### **One Love, Many Hearts**

- Have you met a new friend to talk or play with? How did that feel? How does it feel to be a friend to someone else?
- What does love mean to you?
- How can a person be a good friend?

### **The Buddy System**

- It's great when we have a buddy to be with – what makes a good buddy?