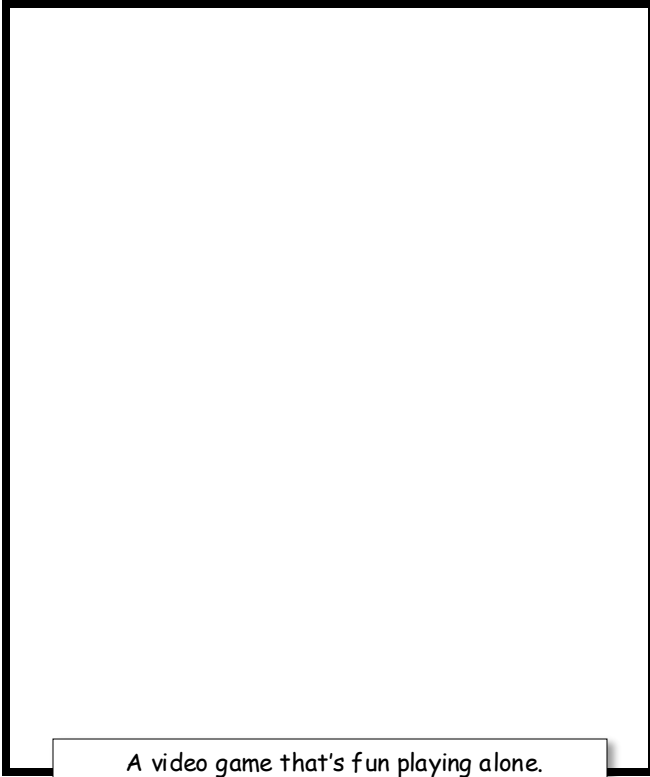
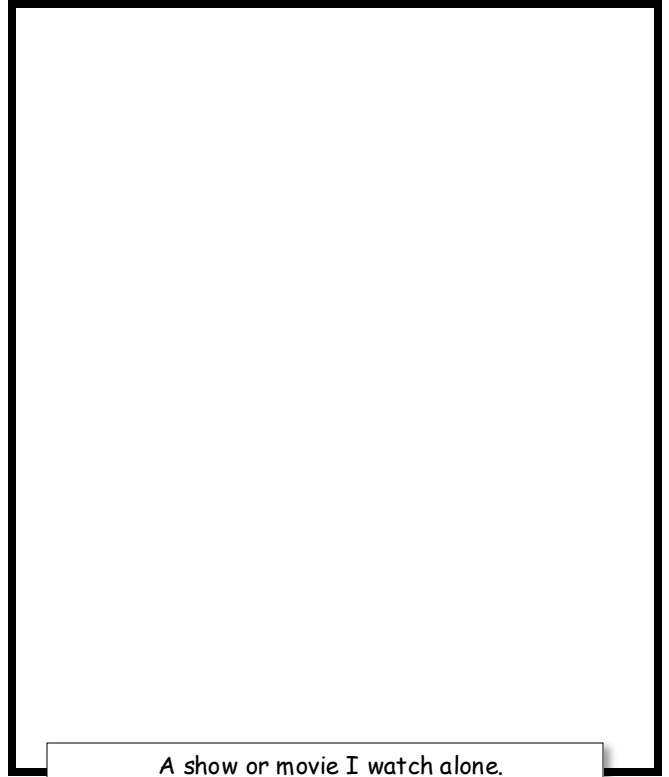


# Play activities you do mainly alone.

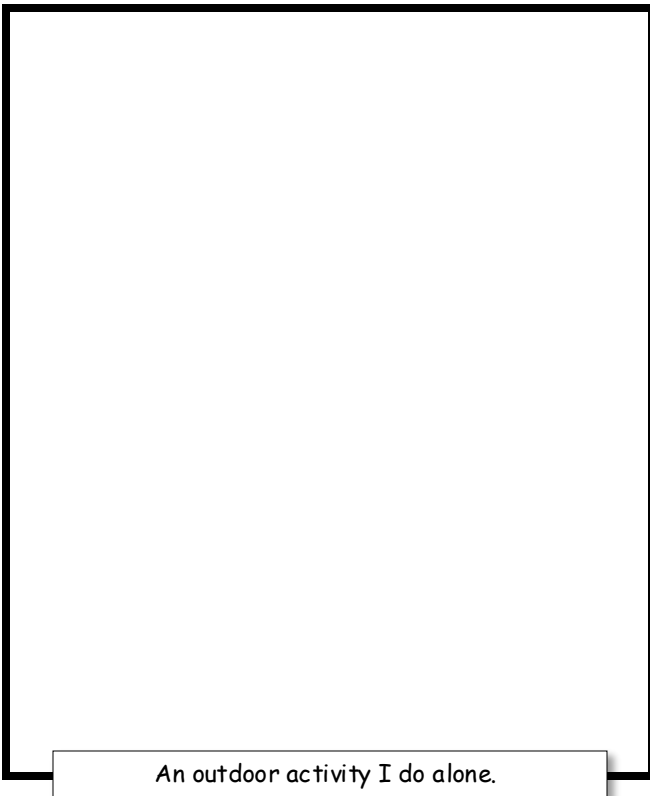
Playing alone can be great! What are the main play activities you do mainly by yourself? Draw some pictures or write some ideas.



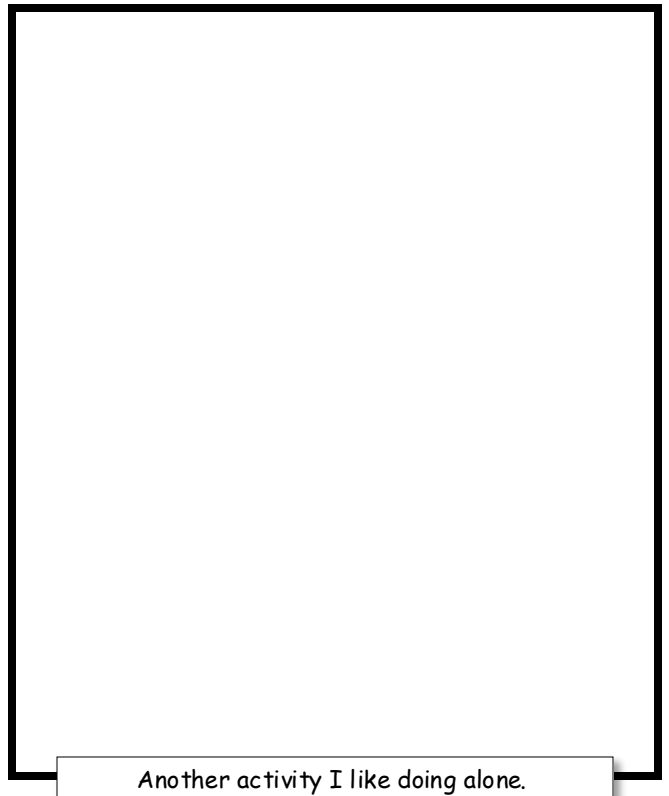
A video game that's fun playing alone.



A show or movie I watch alone.



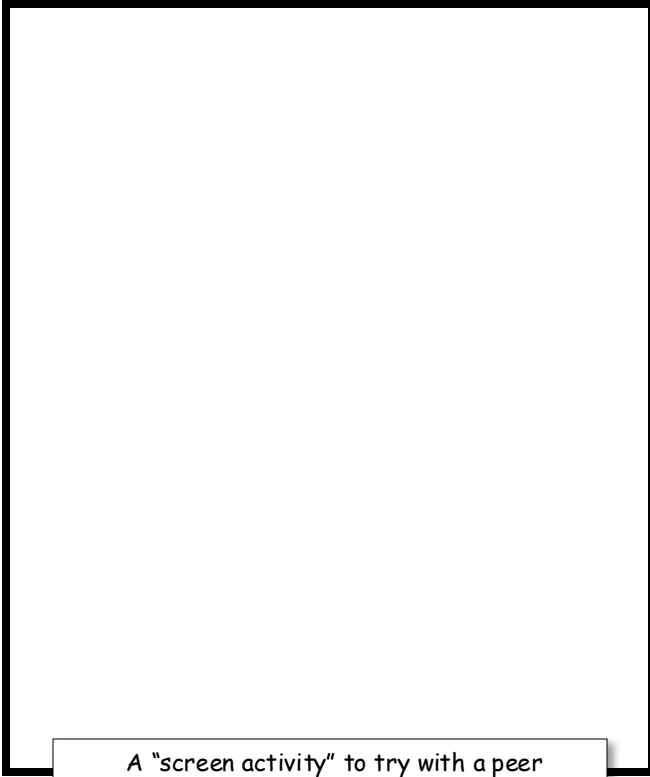
An outdoor activity I do alone.



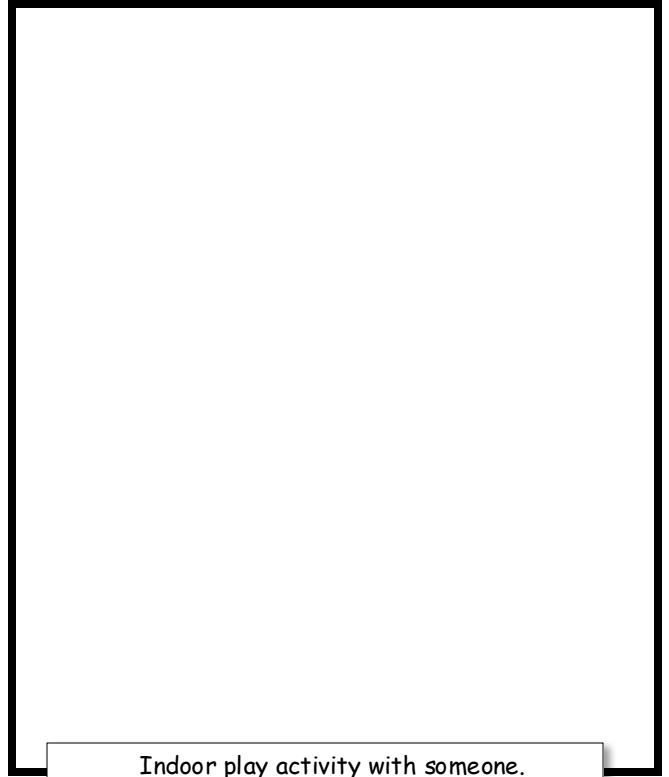
Another activity I like doing alone.

# Play activities you could try doing with a peer.

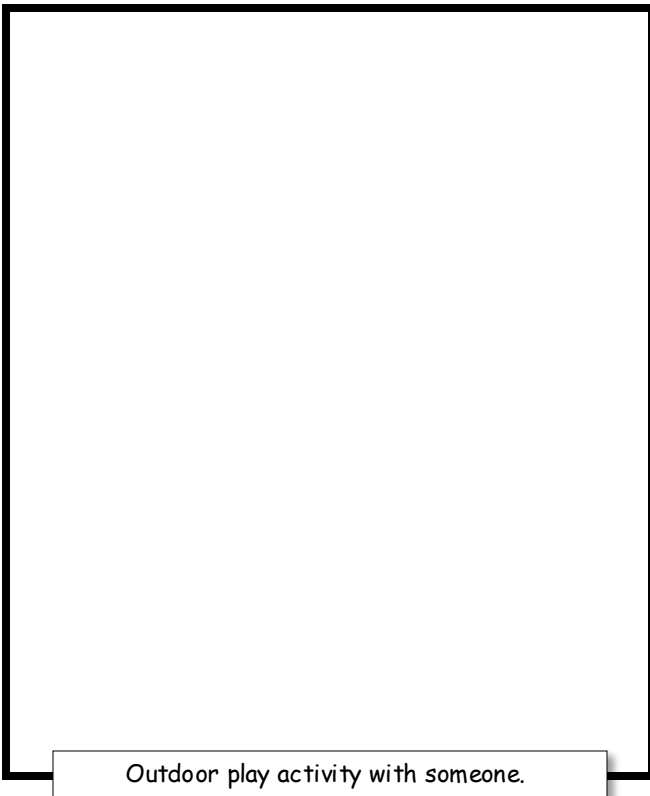
What are some "alone" play activities you could try doing with another person? How might that happen? Where?



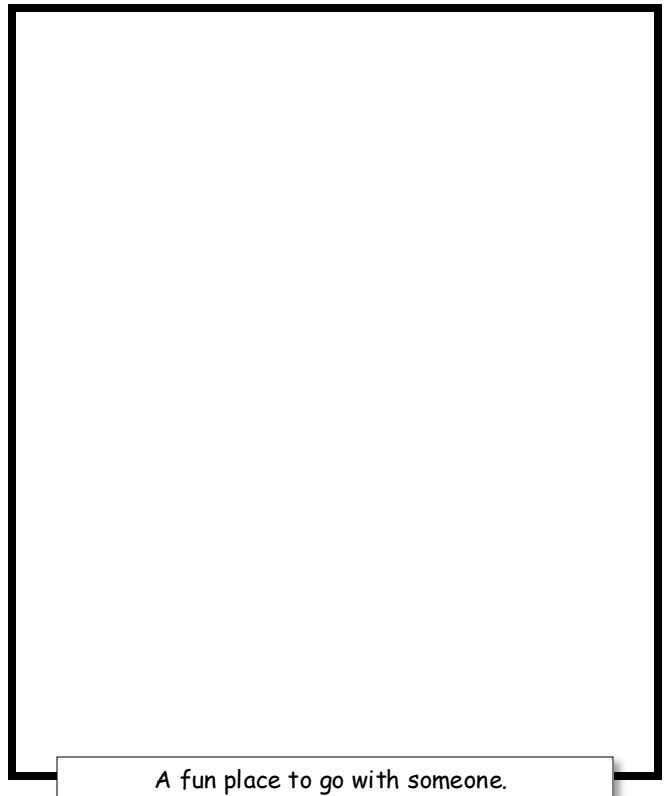
A "screen activity" to try with a peer



Indoor play activity with someone.



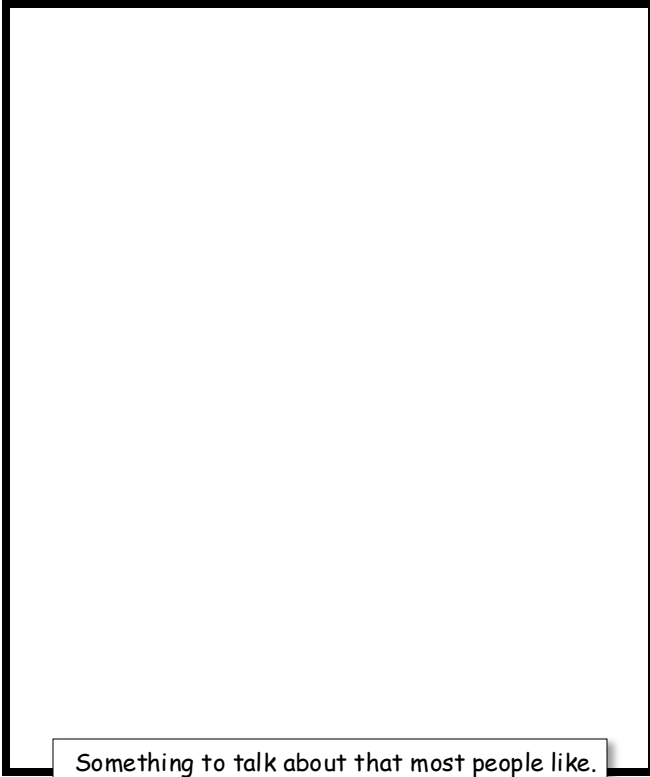
Outdoor play activity with someone.



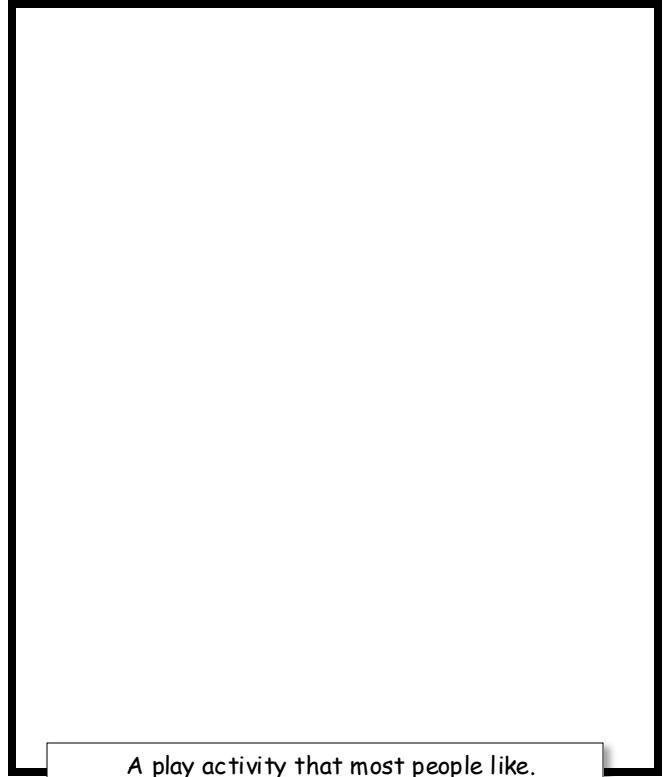
A fun place to go with someone.

# Ideas on starting friendships AT SCHOOL

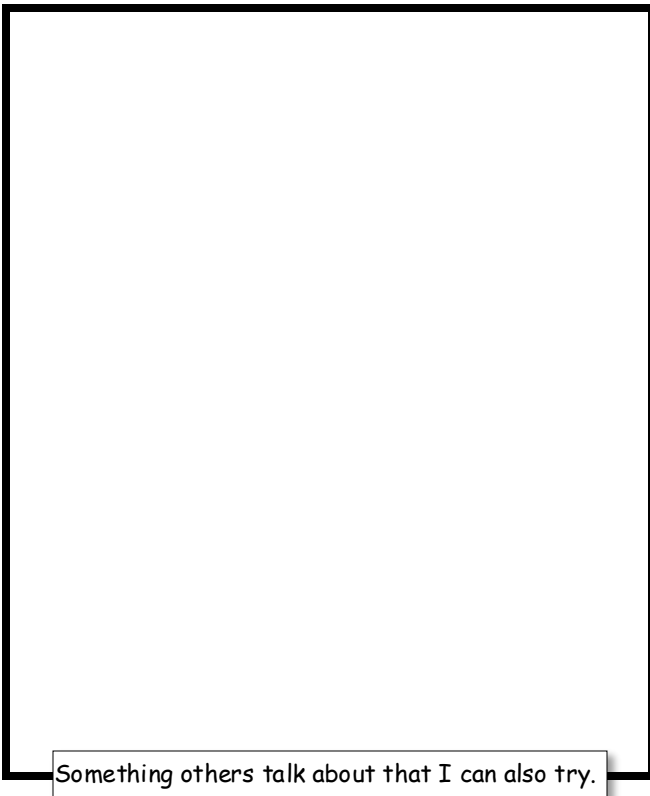
What are some things you can try at school to start friendships?  
Draw some pictures and/or write some ideas.



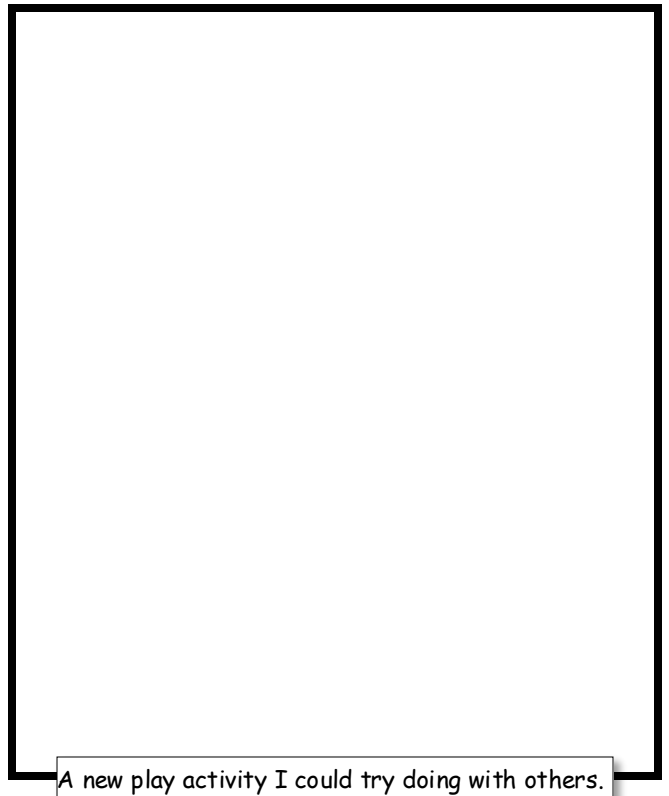
Something to talk about that most people like.



A play activity that most people like.



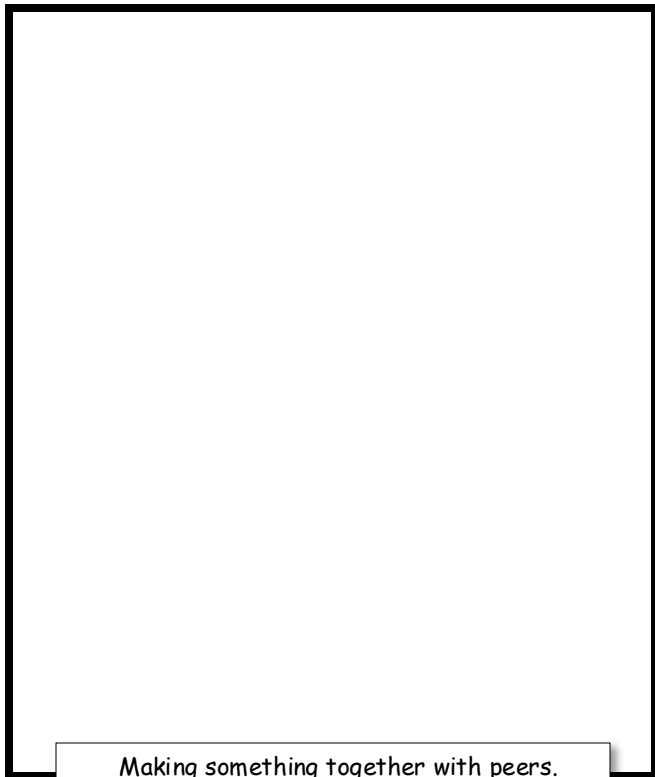
Something others talk about that I can also try.



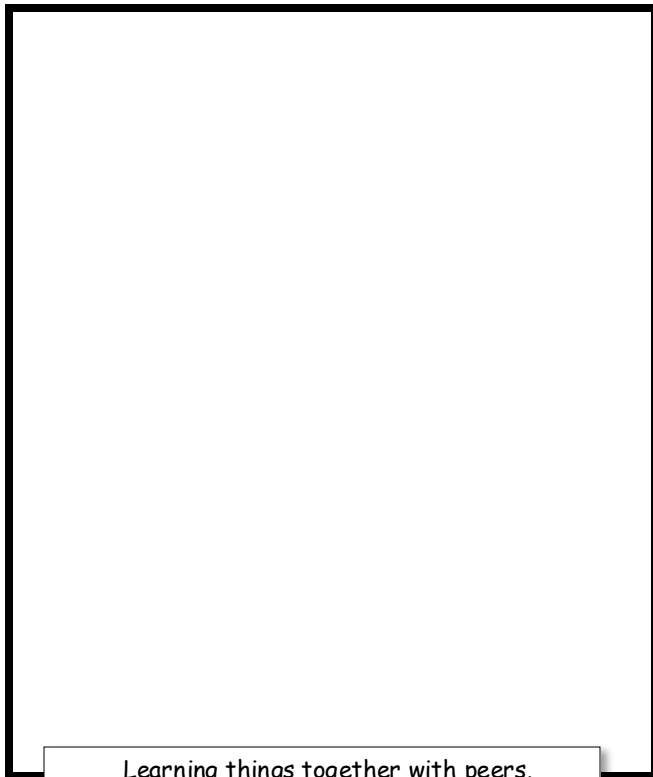
A new play activity I could try doing with others.

# Doing things together in groups.

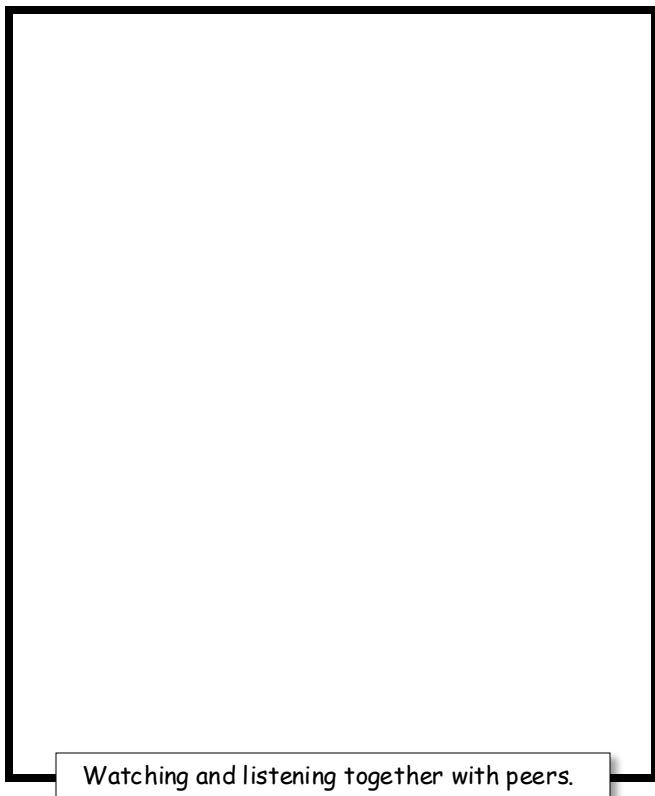
People often make friends by doing fun activities together in groups. What are some group activities you could try?



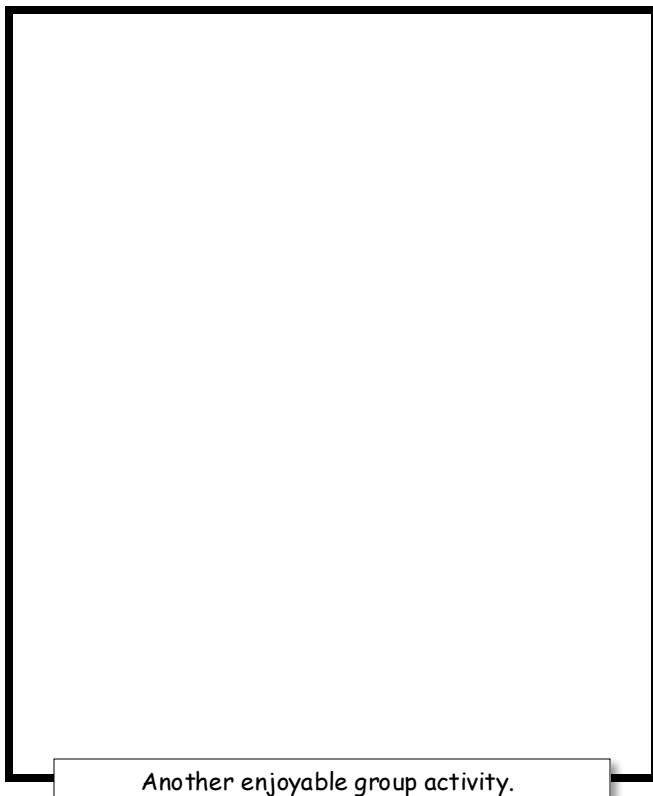
Making something together with peers.



Learning things together with peers.



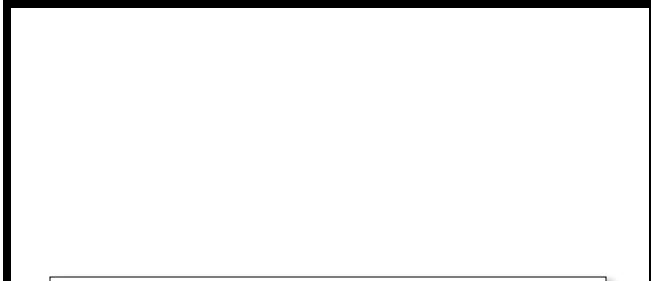
Watching and listening together with peers.



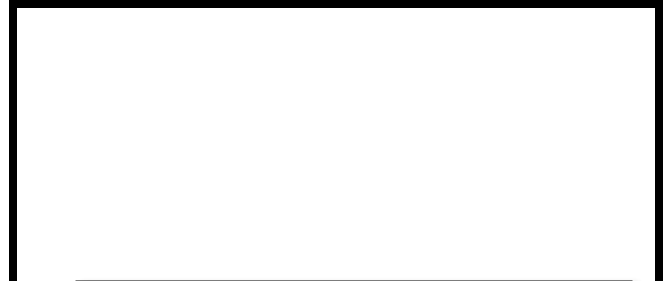
Another enjoyable group activity.

# Things that are hard when someone comes over.

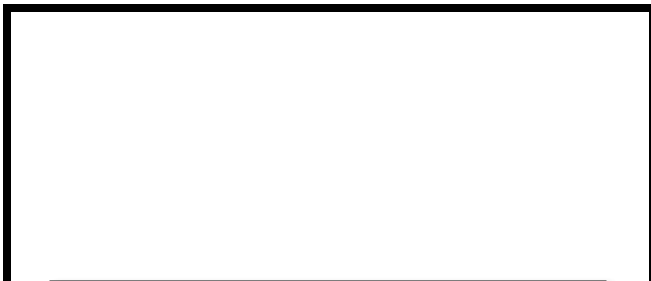
People who usually play alone can find it hard at first when someone comes over. What things would you need to be ready for?




Something I enjoy but the other person does not.



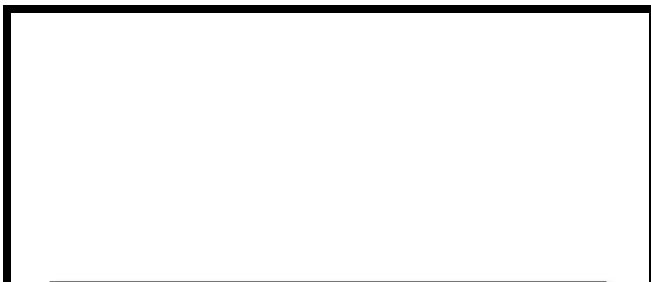
A way to help that problem.



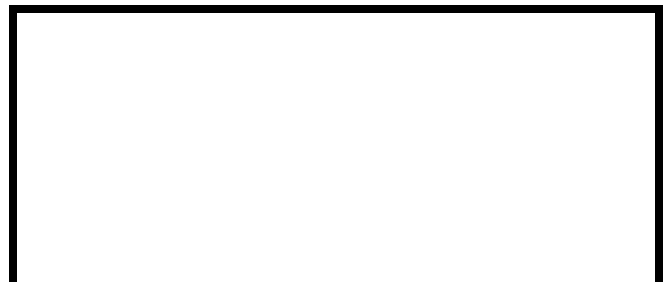
The friend tries to play with special things that are *MINE*.




A way to help that problem.




The friend tries to change ways that I like to play and do things in my own home.



A way to help that problem.



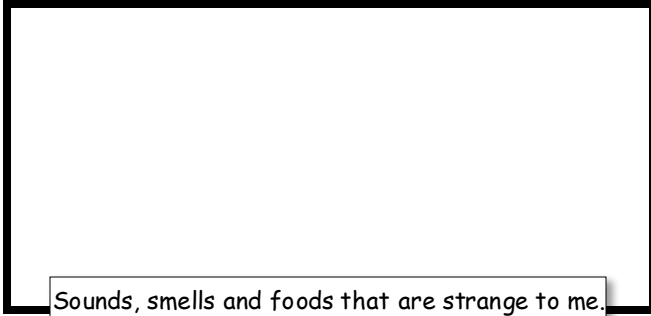
The friend brings their own game, toy, music or another friend when they come to my home.



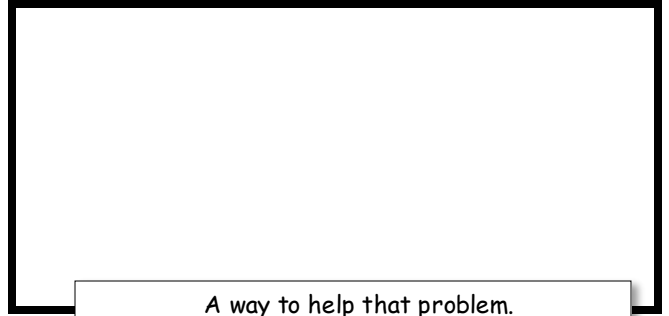
A way to help that problem.

# Things that are hard at someone else's home.

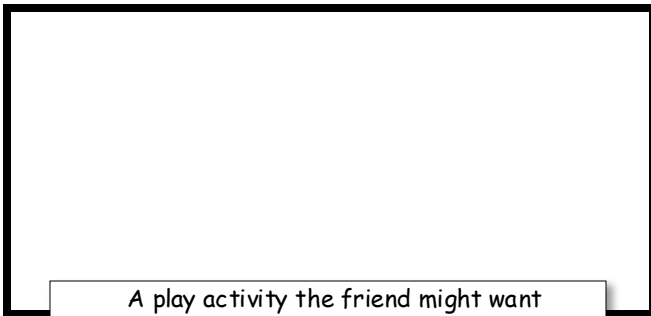
Playing at someone else's home can be fun, but hard to get used to. What things should you try to get ready for?



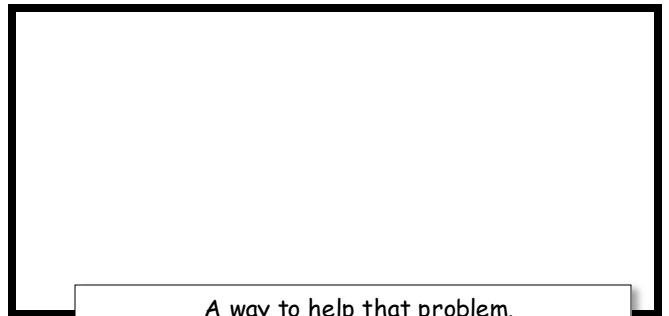
Sounds, smells and foods that are strange to me.



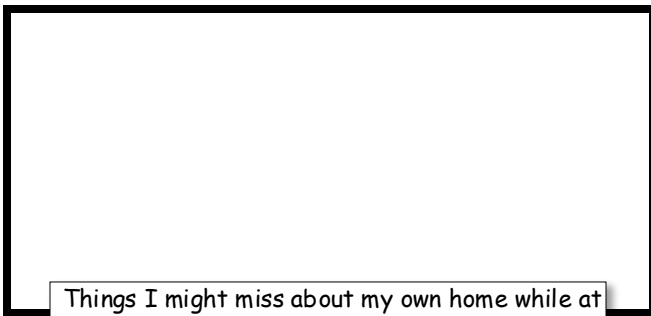
A way to help that problem.



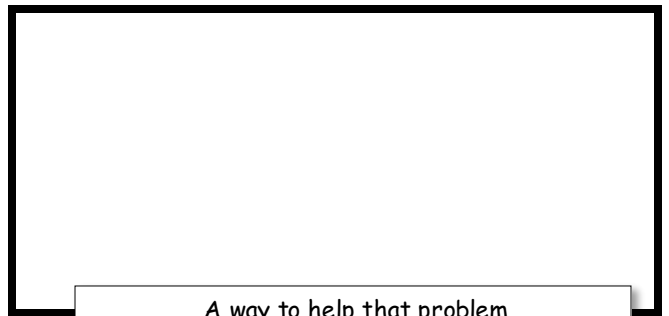
A play activity the friend might want but not me.



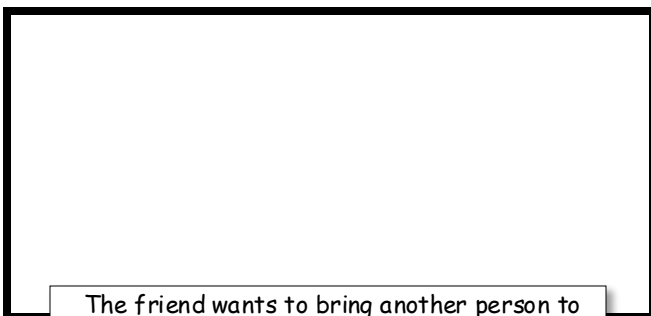
A way to help that problem.



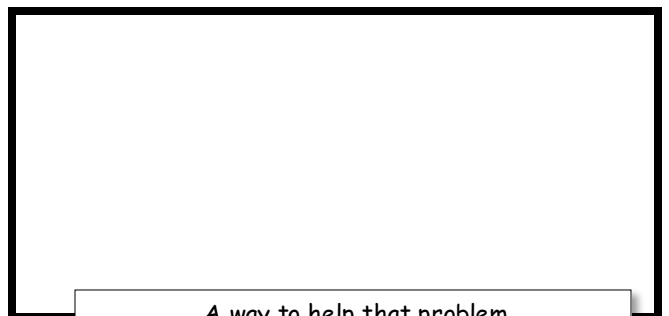
Things I might miss about my own home while at someone else's home.



A way to help that problem.



The friend wants to bring another person to play with us.



A way to help that problem.

# Special topics to talk about with an adult

Ask the adult with you to tell you what things you **already do well** or that you will certainly get better at doing soon.

One of your friendship strengths:

Another of your friendship strengths:

A friendship skill you are starting to improve:

A friendship skill you will get better at soon:

Everyone needs help sometimes with friendship problems!  
Select some things to ask the adult who's with you now.

Tell me about a time when I was *trying "too hard"* to be someone's friend.

Tell me about a time when I was *being too bossy* with a friend.

Tell me about a time when I was *letting someone boss ME* around too much or fool me.

Tell me about a friendship issue that would be really helpful to work on.

# Changing how to think about friendship.

Lots of people can get worried, sad or discouraged thoughts sometimes when they try to make friends. Which of these do you get sometimes? Which thoughts might work better for you?

Kids have been mean to me. There is really no one I can trust to be my friend.

*Try to create a new thought that could work better.*

Other kids are so different from me that I probably won't be able to have a friend.

*Try to create a new thought that could work better.*

My online gaming friends and other online friends are good enough for me.

*Try to create a new thought that could work better.*

Other kids don't like the same things as I do. It's better to get by without friends.

*Try to create a new thought that could work better.*

When I'm not at home, that is my special alone time for screen activities and playing **alone** - not with other kids.

*Try to create a new thought that could work better.*