

BUILDING BLOCKS
FOR A HEALTHY FUTURE



MY FRIENDS

Do you
do everything
your friends
do?

Not
Me



ALI

TALK ABOUT IT:

Name things you would never do, even if your friends were doing them. Have you ever wanted to say no to a friend but didn't? What happened? How can you say no without hurting someone's feelings? Practice ways to say no.

TRY THIS:

Find 2 old socks, glue, buttons, magic markers, and yarn. Make 2 puppets out of the socks. Make faces on your hand puppets. Use them to practice saying no to friends without hurting feelings or making enemies.

