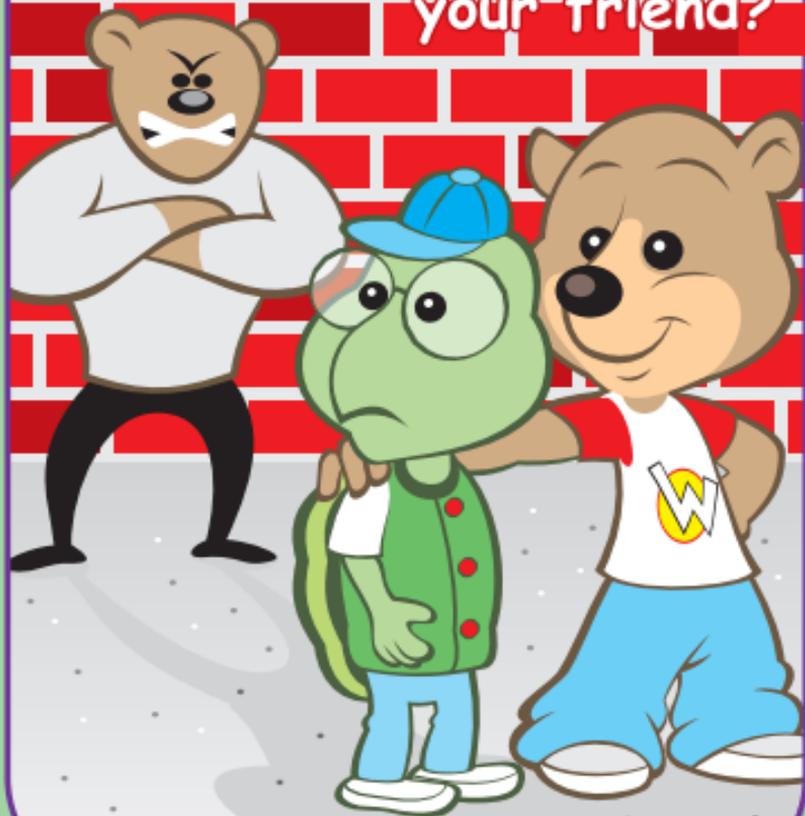


BUILDING BLOCKS
FOR A HEALTHY FUTURE



MY FRIENDS

What
would you do
if a bully
threatened
your friend?



WALLY

TALK ABOUT IT:

Has a bully ever bothered you? What happened? What could you do if a bully threatens you? Would you fight? Would you walk away? Tell me why. Has anyone ever helped you when a bully threatened? What did they do?

TRY THIS:

Ask someone to help you decide 3 things you could do if a bully threatens you or a friend. Practice with a friend what you will say and how you will act. Act out your ideas for a parent or teacher.



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.



BUILDING BLOCKS
FOR A HEALTHY FUTURE



MY FRIENDS

Why do
you like each
of your
friends?



SANDY

TALK ABOUT IT:

What makes your friends special to you? When do you get to play with each of your friends? How should you treat a friend? What would you do if a friend were sad or hurt? What is your favorite thing to do with each of your friends?

TRY THIS:

Take photographs or draw pictures of you and your friends having fun together. Write short captions for your pictures and create a Gallery of Friends in your bedroom or in a photo album.



BUILDING BLOCKS
FOR A HEALTHY FUTURE



MY FRIENDS

How do
you make up
with a
friend?



MEE

TALK ABOUT IT:

What have you fought about with a friend? How do you let your friend know you are angry? What can you say to let a friend know that you want to make up?

TRY THIS:

Find an old shoebox. Decorate the box. Cut a hole in the top of the box. On pieces of paper write things you can say or do to make up with a friend and slip them into the box. Pull an idea out of your box the next time you fight with a friend.

