

Lessons with Momi

A GOOD FRIEND Like Loyal!

Listen • Respect • Be There











Sometimes just BEING THERE is enough.

HERE'S A QUESTION FOR YOU!

Next time your friend gets quiet, could you ask, "Do you want some space, or would you like me to stay?"

What are your thoughts?

MY FRIENDSHIP PLAN!

1. A good friend... _____
2. I can show support by... _____
3. Next time a friend is quiet, I will... _____

FRIENDSHIP CHECKLIST

(Check the ones you will try!)

- ☐ Give my friend space when needed.
- ☐ Be a calm and supportive presence.
- ☐ Ask, "Do you want space, or would you like me to stay?"
- ☐ I don't have to fix everything.
- ☐ Just being there can help.

MY FRIENDSHIP PROMISE:

I will be a thoughtful and supportive friend by listening, respecting my friend's needs, and being there.

Signature: _____ Date: _____



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4. WHAT'S THE BEST CHOICE?

Read each situation. Check the kind and supportive choice.

1. Your friend is quiet and seems upset.
   - ☐ Keep asking, "What's wrong?"
   - ☐ Give them space and let them know you're here. ♡
2. Your friend is quiet, but still sitting with you.
   - ☐ Talk nonstop to fill the silence.
   - ☐ Sit with them and be a calm, supportive friend. ♡

5. FRIENDSHIP SCENARIOS!

What would **YOU** do? Write or draw your kind and respectful response.



Your friend seems disappointed after a test. →



Your friend is quiet during lunch. →

6. MY FRIENDSHIP TOOLBOX!

Circle or color the tools that help you be a caring friend.

- Listen
- Be patient
- Respect their space
- Be kind
- Stay nearby (if they want)
- Ask, "Do you want some space, or would you like me to stay?"



MY FRIENDSHIP REFLECTION:

One thing I learned about being a good friend is...

_____

_____

_____

MY FRIENDSHIP PROMISE:

I will be a caring friend by listening, respecting my friend's needs, and being there.

Signature: _____ Date: _____