Friendship Changes Top Tips

New Friends

Look for ways you can open up to new people and make new friends.

Keep Healthy

Keep your body healthy with healthy food & movement.

Get Creative

Use art & creativity to express your thoughts and feelings.

Talk to Someone

Reach out to an adult who can comfort you.

Don't Blame

Be kind to yourself and don't blame yourself for the change

Kindness

Reach out to your friend & give them some special kindness

It's OK to be Sad

Allow yourself to feel sad. Feelings are important. Share your sadness.



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