



Parent to Parent  
Back from Lockdown  
Toolkit



A collection of Ideas & Strategies  
to support parents and young people  
to get back to School After Lockdown

Friendship



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



# Friendship

If you are struggling to find friends or have fallen out with a friend, here are some resources that may help you.



# How to be a **GOOD** friend!

## Be supportive!

1

Be there for your friend whenever they may need you. A good friend provides support when someone is feeling sad, happy, or any other emotion. Be excited for your friend when something good happens, and be there to help them cope when they're sad or anxious. You can also be supportive by attending events that are special to them.

## Listen and check in!

2

Good friends listen to each other! Instead of making the conversation all about you, ask your friend how they are feeling or what they have going on in their life. Remember to also check in with them often. This lets them know that you've listened and care about what they've told you. If your friend mentioned that they were feeling nervous about a test, later in the day, you should check in and ask them how it went.

## Talk kindly about them!

3

Whenever you're talking to someone else about your friend, make sure that you are saying nice and positive things about them. If someone is saying mean things about your friend, you can stand up for them or remove yourself from the conversation.



## Be honest with them!

4

If there is something that your friend is doing that is bothering you, be honest with them about how you feel. Lying to a friend can ruin the relationship. Good friends should be able to tell each other how they truly feel. Your friend may not like what you have to say in the moment, but they will appreciate that you told them the truth.

## Stay connected!

5

Keep in touch with your friend. Make plans to hang out and do fun things together often. Try to find things that you both enjoy doing. Whenever you're not together, you can still find other ways to communicate and stay connected. Staying in touch with a good friend helps to grow the friendship. Remember that friends also need time apart sometimes, so be sure to respect your friend's need for space.

**Treat your friend how you would want to be treated!**



© 2019 Mylemarks LLC. All Rights Reserved.  
For more resources, visit [www.mylemarks.com](http://www.mylemarks.com)

\*Numbers' graphics in the file are licensed from Graphics From the Pond <http://frompond.blogspot.com>



## HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.

E	E	A	T	H	O	U	G	H	T	F	U	L	A	L
C	V	N	E	I	L	L	O	T	G	G	T	D	L	H
O	E	F	O	A	N	I	U	E	T	C	N	G	N	E
N	I	V	Y	I	U	S	N	F	L	G	N	N	M	L
F	H	O	I	R	T	E	E	U	H	I	V	P	S	O
I	L	O	R	T	R	A	F	P	V	T	A	I	G	C
D	B	L	N	O	C	H	C	I	A	T	U	N	F	L
E	R	A	U	E	T	E	G	I	H	R	I	R	O	S
N	A	S	K	I	S	R	T	E	N	R	A	V	T	D
T	V	A	A	F	O	T	T	O	A	U	I	B	N	T
I	E	F	U	F	I	I	O	C	R	N	M	I	L	G
A	C	N	R	I	C	O	I	E	G	P	K	M	P	E
L	N	T	R	U	S	T	W	O	R	T	H	Y	O	C
Y	A	C	O	N	S	I	D	E	R	A	T	E	S	C
E	E	A	L	I	S	T	E	N	E	R	M	G	L	U

### WORDS TO FIND

brave

caring

communication

confidential

considerate

empathetic

faithful

forgiving

funny

generous

honest

inseparable

kind

listener

loving

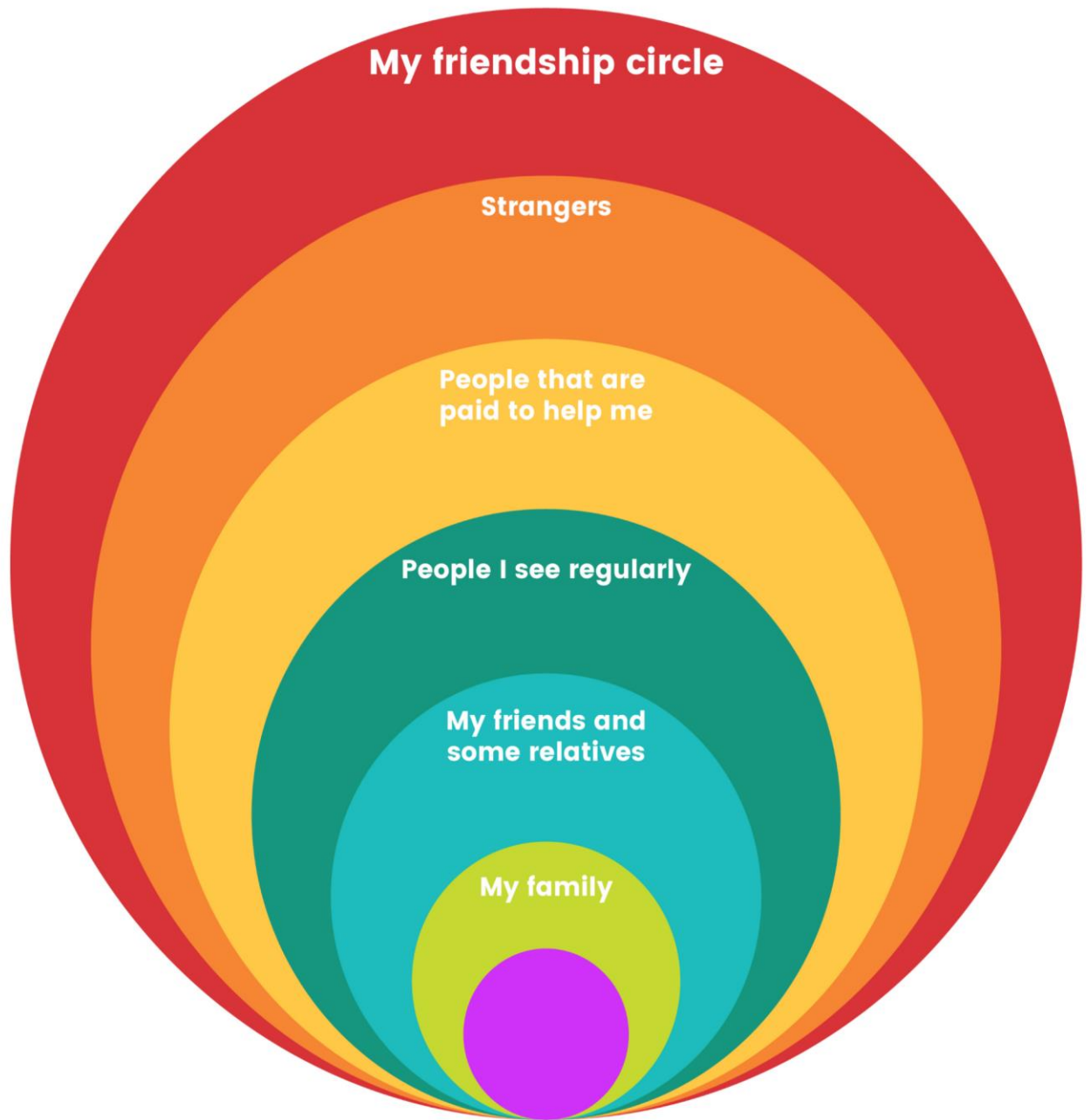
loyal

protective

thoughtful

truthful

trustworthy



Name: .....

Date: .....



# Friends

Friends are really important because they make us **HAPPY!**

What else makes a good friend? Write down 5 things a good friend should do:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_



## I Feel Lonely

- I feel lonely sometimes. It can feel like I'm on my own with no one around me. This can make me sad and unhappy.
- When I'm feeling lonely I can try to do something about it. I can:
  - Try talking and listening to someone
  - Ask to join in a game with others
  - Try to find out good things about those around me
  - Join after-school clubs and activities
  - Do things that distract me like doing puzzles or reading.
  - Tell an adult how I feel
- I don't like to feel lonely. If I try I can do things that make me feel better.





## My Action Plan



**What I've learnt or found useful?**

**What I'm going to do next?**

**Who I can ask to help me!**