

What's a friend?



Friends

"Luke is my friend," Mika says happily.

"Liv and I are friends too," shouts Noa.

Tom points at Rafi. "We're friends too, right?"

The teacher looks around. "How nice that everyone has a friend. But what *is* a friend?"

"That's someone you play with," Luke explains.

Noa raises her hand. "Your friend makes you feel better if you fall."

"And when your friend moves away, you feel like crying," Rafi says softly.

The teacher nods. "Yes, those are all true! So, how do you become someone's friend?"

"By being nice," Mika explains. "You ask if they want to play with you."

Noa thinks about it. "If playing together is fun, you say, 'Let's be friends!'"

Tom laughs. "And seeing your new friend makes you really happy!"

There are lots of ways to become friends.



What's a friend?

A friend is someone you like to play with.
When you see your friend, you feel happy.



Why is it nice to have a friend?

Playing alone is pretty fun, but it's also nice when someone else plays with you. Together, you can think of new games and crack jokes. If you play with another child, you feel happy.



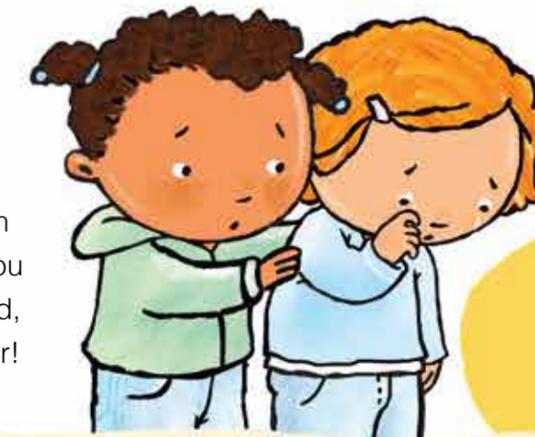
Who can be your friend?

Your big sister or little brother, your cat or dog, your grandpa or grandma, and many others can be your friend. If you like to play together and make each other happy, you're friends.



Comforting your friend

When you see that your friend is sad, you feel a bit sad as well. You want to help and comfort them quickly. Because when your friend is happy, you feel happy too!



Missing your friend

Sometimes your friend isn't there. Maybe they're on vacation or have moved away, for example. Then you don't see each other as often. If you miss your friend, you can call them. Maybe you can have a sleepover!

*Do you have a friend?
What do you like to
play together?*



Social value: friendship. Friends like to be together and help each other. Friendship makes you feel warm and strong.



Playing with your friend



Agreeing

“Mika!” Luke shouts happily.

His friend Mika is excited to show him her new ball. “Look what Grandpa gave me!”

Luke and Mika bounce the ball back and forth. Then they see the swing.

“Will you push me?” Luke asks. “We can take turns!”

Mika pushes Luke on the swing and watches her friend go back and forth.

“Now it’s my turn,” says Mika. “That’s what we agreed on.”

Luke jumps off and hands the swing to Mika. She climbs on.

Oh, dear. Swinging is hard. Her feet barely touch the ground.

“When I push, pump your feet forward,” Luke explains.

Mika tries her best, but it doesn’t work very well. She jumps off the swing and kicks her ball very far away. “Let’s race to the ball!” she shouts.

Mika and Luke run across the grass. Mika gets there first.

“Wow,” Luke pants. “I can swing really well, but you can run really fast!”

Playing with your friend

Taking turns

When you play together, you sometimes have to wait your turn. Then the other child can sit on the swing or ride the bike first. Sometimes waiting is hard, but watching your friend have fun is also nice!



Agreeing

If you agree that you can take turns on the bike, it’s good to stick to that plan. It’s nice to know that it’ll be your turn soon and that you’re being a good friend too.

Then it’s not a problem if your friend goes first.



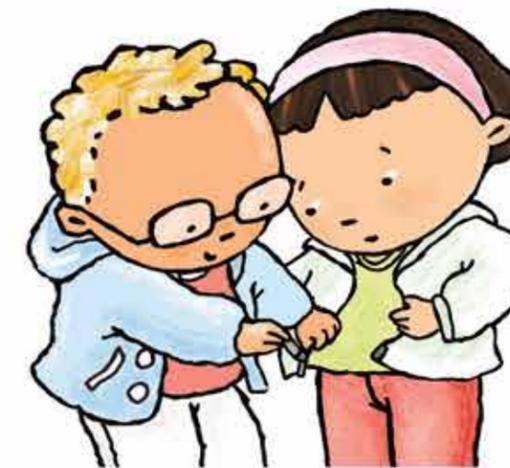
How nice for you

Sometimes your friend gets a present when you don’t. Or maybe they can already do something you still find difficult. Instead of being jealous, try saying, “How nice for you!” It’s nice to stand by your friend and show you’re happy for them.



Helping

If your friend can’t do something yet, it’s nice if you help out. And if you can’t do something, your friend can help you with it. It feels good to help your friend, *and* it feels good when your friend is helping you.



*What can your friend do well?
And what about you?*



Social value: loyalty. When you support your friend and stand by them, you’re being loyal. Friends trust friends who are loyal.

