



Friendship Difficulties

Choose 5 strategies that might help you deal with uncomfortable feelings.

Cut them out and stick them at the end of your 'fingers' on your handprint picture.

Chat to an adult



Hug your teddy



Take sips of water



Draw a picture



Squeeze your pillow



Take time out



(but tell an adult where you are)

Write about your feelings



Express your frustrations



(in a safe space)