

Friendship (3-4)



Program Synopsis

Melody and Simu talk about friendship. Melody doesn't have anyone to play with at recess because she got into a fight with her best friend, and they aren't talking. Simu notices Melody by herself and comes over to talk to her. They talk about feeling lonely, how friends need to compromise, what a good friend is (and isn't), and how to start a conversation after an argument.

Key Program Points

- We talk about the importance of developing trust and respect between friends, and how that takes time.
- Friends are supposed to make you feel good about yourself.
- We discuss the importance of boundaries in a friendship.
- Sometimes friends have to compromise.
- When unkind behavior becomes hurtful, it's okay to report to a trusted adult. There is a difference between telling on someone and reporting unsafe/unkind behavior.
- It can be difficult when you argue with a friend, but there are ways to get past it and be friends again.
- You won't be friends with everyone, but it's important to be kind and compassionate to everyone!

Program Info

Type of Program: Puppets

Suggested grades: 3-4

Suggested # of Students: 40 - 60

Program Length: 35 minutes

Resources

[PBS KIDS Talk About: Friendship \(K-3\)](#)

[Friendship Soup: A NED Short \(K-4\)](#)

[The Responsive Counselor: Teaching Kids about Healthy Friendships and Friendship Boundaries](#)

[Mental Health Foundation: Random Acts of Kindness](#)

National Alliance on Mental Illness (NAMI) [Back to School Resources](#)

[988 Suicide & Crisis Lifeline](#)

Vermont Family Network

If you want to know more about how we can support *your* family, please reach out to us at info@vtn.org