



🤝 Friendship Guide for School-Age Kids

Because sharing snacks is easy—sharing feelings takes practice

🧠 What Friendship Looks Like at This Age

- 💬 Trading jokes, secrets, and Pokémon facts
- 📖 Sitting together at lunch or teaming up in games
- 🧸 Feeling left out one day and besties the next
- 🧠 Learning empathy, boundaries, and how to say “I’m sorry”
- 🎭 Navigating drama, loyalty tests, and the occasional “You’re not invited” moment

🌱 How Parents Can Support Healthy Friendships

👂 Talk About It

- Ask open-ended questions: “Who did you laugh with today?”
- Normalize ups and downs: “Friendships change, and that’s okay”
- Role-play tricky situations: “What could you say if someone’s being mean?”

🧘 Model Kindness & Boundaries

- Show how to disagree respectfully
- Encourage empathy: “How do you think they felt?”
- Teach that it’s okay to walk away from hurtful behavior

🧩 Build Social Skills at Home

- Practice turn-taking, sharing, and listening
- Use games to teach cooperation and compromise
- Celebrate kindness with sticker charts or “Friendship Bingo”

💡 Friendship Tips for Kids

- ✅ Be kind, even when you’re frustrated
- ✅ Say “I’m sorry” when you mess up—it’s brave, not weak
- ✅ Include others when you can
- ✅ Stand up for yourself and others

-  You don't have to be friends with everyone—but you do have to be respectful
-  Real friends make you feel safe, seen, and silly

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