



Getting on and falling out.



Our friends are very important.



Our friends help us when we
feel sad.



Our friends make us laugh
when we feel down.



Our friends are always there
for us to have fun with.



But what happens when we
fall out with our friends?



How do you feel?

- Angry?
- Sad?
- Upset?
- Cross?
- Do you always blame your friend?
- Do you blame yourself?

How can we start to make up
with our friends?



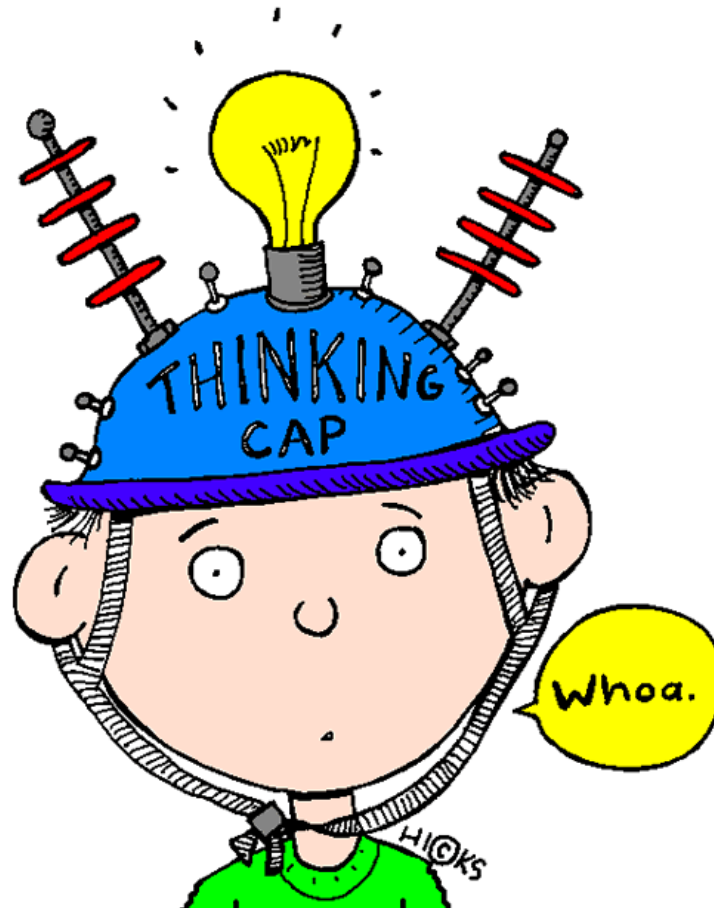
We can stop!



Walk away and calm down by thinking of calm things:



Think about why we have
fallen out.



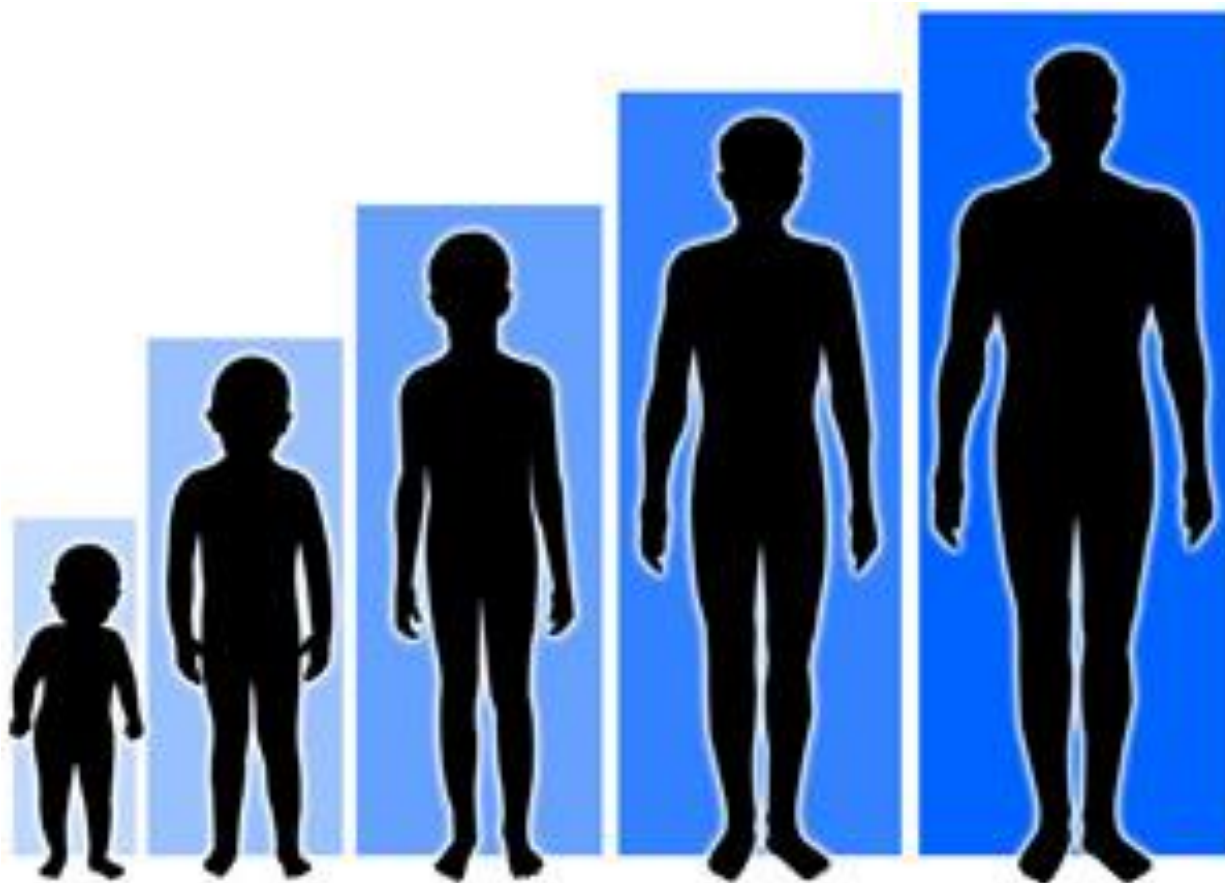
Talk to our friend in a calm way, using a soft voice.



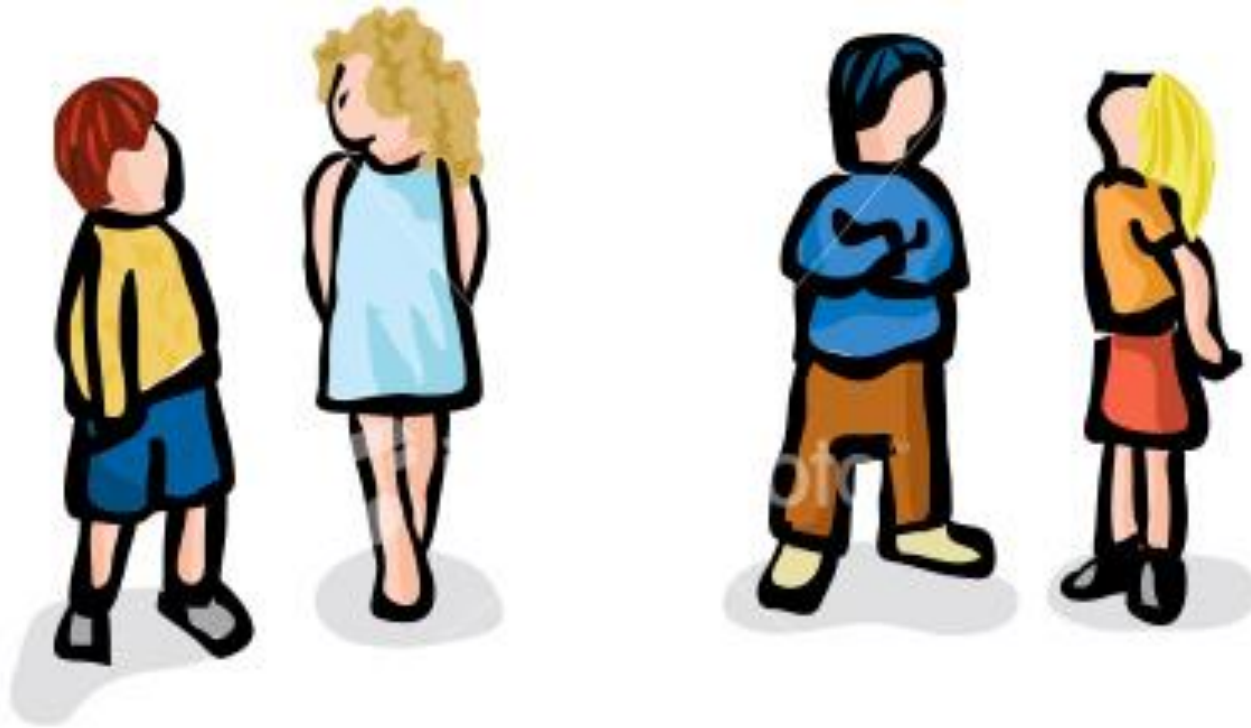
Agree with your friend
about what to do next.



Be grown up and apologise if
you think you are in the
wrong.



Remember that we all fall out sometimes.



But as long as we have a
good friend, we can always
make up.

