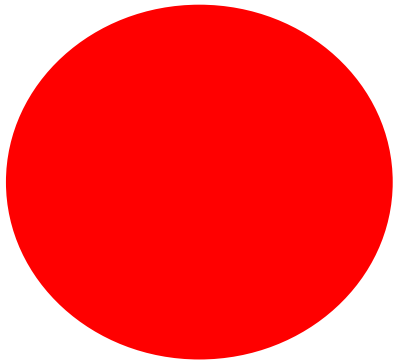


Mending Friendships

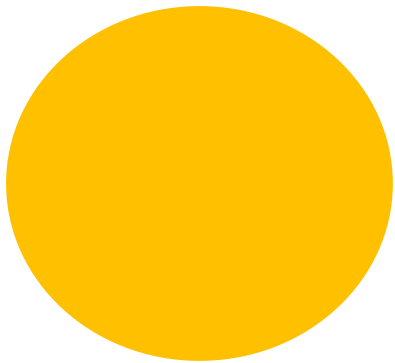


Stop

Think about how you are feeling.

Try to calm these feelings so you can think about what's gone wrong.

You could say.....



Get Ready

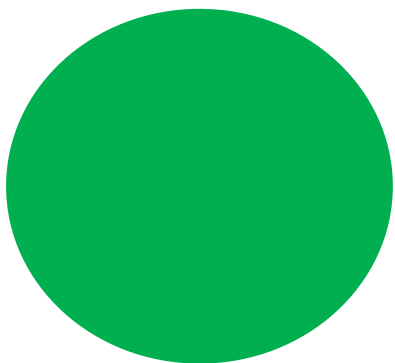
Look at each other's point of view.

Listen to how the other person sees it.

Talk calmly about how you see it.

Work out what's gone wrong.

You could say.....



Mend the Friendship

Say sorry if you need to (even if it's hard)

Agree how to put it right.

Do something fun together.

Have a special 'make friends' sign, gesture or phrase.

You could say.....