

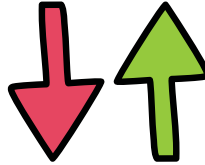
Friendship Builders



Make eye contact with your friend.



Be kind.



If you feel frustrated, take a deep breath.



Listen to what they tell you.



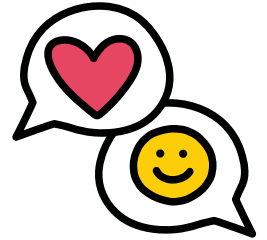
Take turns talking.



Think about how they might be feeling.



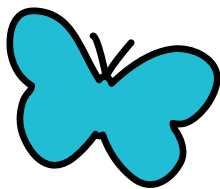
Work on a puzzle, game or activity together.



Apologize if you've hurt a friend's feelings.



If you've messed something up, ask how you can fix it.



Spend time in nature together.



Read a book together.



Volunteer together.

Visit [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org) for more resources!

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