

Ups and downs



Story by
Barbara Gonzalez

Illustrated by
Connah Brecon

Dr Kimberley O'Brien



Different friends for different people

People bring all kinds of values and traits to their friendships. Some of these are important when it comes to building friendships, like being kind, while others help to make friendships last, like being honest. Let's find out what matters the most to you.

1 **Read and order** the characteristics below. Number **1** should be the most important to you, and number **20**, the least important. There is no wrong order.

Friendly

Bossy

Tough

Helpful

Polite

Cheeky

Talkative

Kind

Curious

Honest

Affectionate

Trustworthy

Supportive

Generous

Inclusive

Smart

Funny

Popular

Understanding

(Add your own here)

2 Now, copy your **top 10** characteristics below and add a short sentence about what each word means to **you**.

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3 With the person next to you, **compare** how many of your top 10 characteristics **match up**, and discuss your choices and meanings.

Role play:

How to repair a broken friendship

Friendships are never perfect. A trick to make friendships last is learning how to stay calm, apologize and forgive one another when things turn sour. This is no easy task and takes practise, patience, and a great deal of empathy. Here's how it's done.

Ingredients



AWARENESS

Learn to recognize when a friendship is changing.

PLANNING

Brainstorm your own ideas to resolve the problem.

BRAVERY

Take a deep breath and trust your friend will want to resolve the problem too!

COMPROMISE

Work together to save your friendship – focus on what's working, rather than what's not.



Method

Step 1

Look for the signs to see if something is wrong.

E.g.: facial expressions, body language or what they are telling you.

Step 2

Go ahead and ask questions like, "Have I done something to upset you?" or "Is everything okay?"

Step 4

Apologize if your friend is upset and think of something you could do or say to help the situation.

Step 3

Listen carefully and try to understand how your friend is feeling. Give them lots of time to talk before you respond.

Step 5

Together, think of more ways to overcome the problem and then agree on the best way forward.

What would you say to make your friend feel better?

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Role play:

Let's practise

Read the following scenarios and answer the questions. Remember to look back at the ingredients and steps on the previous pages.

Your friend borrowed your favourite pencil sharpener and accidentally broke it. They said they would replace it, but so far ... nothing!



What signs (facial expression or body language) would tell you if your friend was sorry?

How could you resolve the problem without upsetting your friend?

Now try to role play this with your group.

Last week you peeked at your friend's spelling test and managed to get the highest mark in the class. Your friend hasn't spoken to you since.



How do you think your friend is feeling about what happened?

.....

What steps would you take to resolve the problem?

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Now try to role play this with your group.

Your best friend has found a new friend and you're feeling a little jealous. You feel upset and decide to ignore your friend next time they are around.



How could you fix the situation?

.....

What could you do to help your friend to understand your feelings?

.....

Now try to role play this with your group.

Ups and downs

What makes a good friend?

Learn about

different characteristics

and how to

repair a broken friendship.

Meet the four friends who live on Quirky Lane and follow the stories of how they resolve conflict and strengthen their friendships.

Child psychologist, **Dr Kimberley O'Brien** teams up with children's author **Barbara Gonzalez** and talented illustrator **Connah Brecon** to create these inspiring childhood adventures and social skills stories.



Boost

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