

# Friendship

**What you do when you are friends with someone:**

You tell him or her things about yourself.

You do things together at school.

You do things together outside of school.

You help each other.

You ask your friend for help, or your friend asks for your help.

You stand near each other.

You trust each other.

# Dealing with Unhappy Feelings

## 1. Check your feelings.

- "I feel \_\_\_\_\_."
- "I need to get calm" or "I'm okay."

## 2. Get calm.

- Take three deep breaths. Between each breath, say two or three short words that remind you to get calm.

## 3. Check your feelings again.

- If you are still not calm, start with Step 1 again in a private place.

## 4. Tell yourself something encouraging.

## 5. Do something that will help you deal with unhappy feelings.