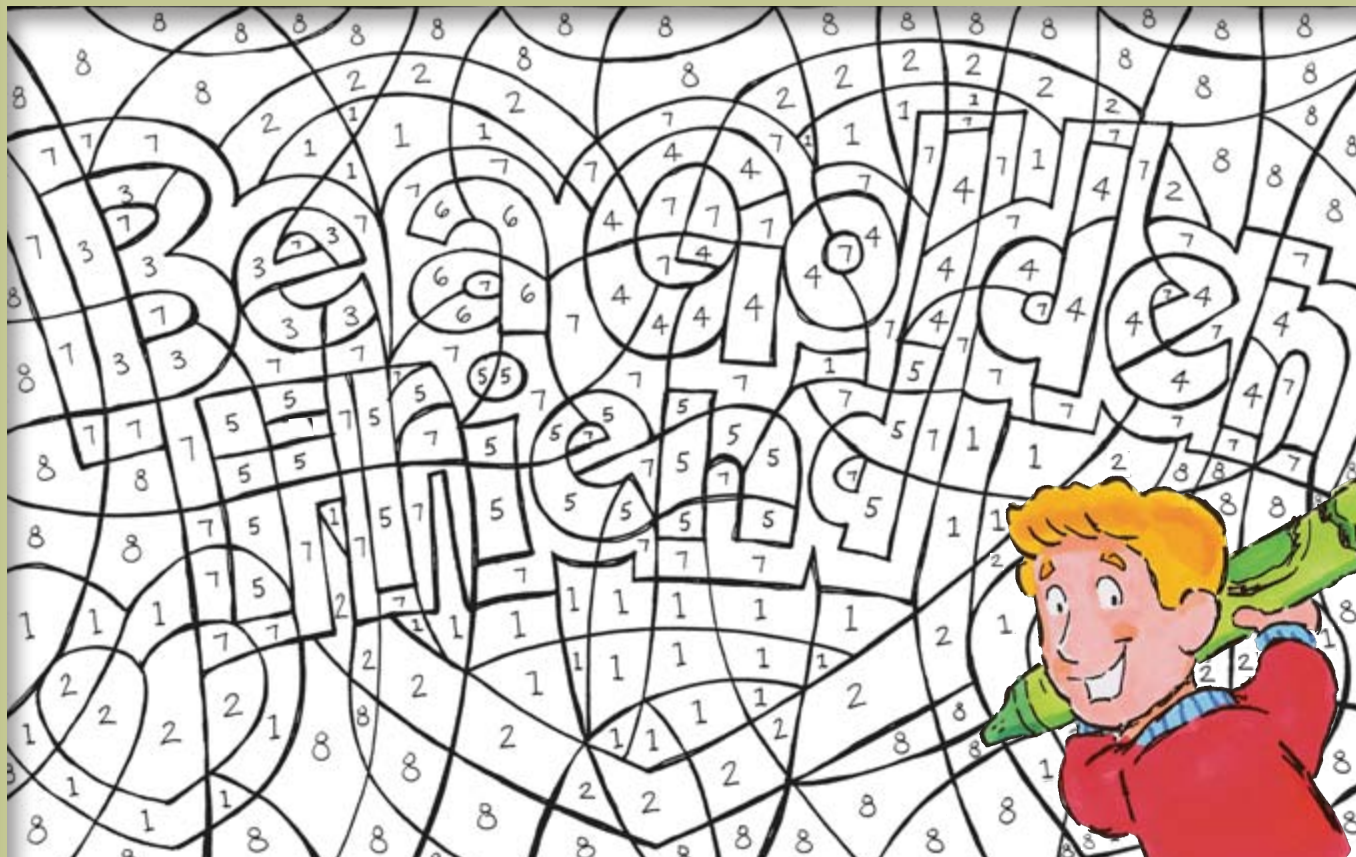




# Friendship Challenge



You can be a golden friend to others! Each time you do an item from the list below, notice the color of the heart. Then color all the numbered spaces that match that heart. See if you can finish the list by the end of the month.



**1**

Notice when someone around you feels left out. Invite him or her to participate in your activity.

**5**

Think of something nice to do for a friend. You could draw a picture, write a note, make a craft, or just say something nice to your friend.

**2**

Introduce yourself to two new children you don't know in Primary or at school.

**6**

Offer to help a friend with homework, chores, or other responsibilities.

**3**

Teach a younger friend or sibling something he or she wants to learn from you.

**7**

Speak nicely about your friends. Encourage them to speak kindly about others too.

**4**

Ask an older friend to teach you something new that he or she is good at.

**8**

Remember what you learn about your new friends. Call them by their names and follow up on something they told you. You could ask, "How did your test go?" "Are you feeling better?" or "How was your soccer game?"