

# Mrs Loody Bear

## All about Bear Friends



An activity book to help children  
make and keep friends

# TIP SHEET

## FRIENDS

Dear Parents, teachers and carers, Below is a copy of a tip sheet to help your child make and keep friends. This activity book is based on the ideas presented in this tip sheet. We hope you find this activity book a helpful resource to share with your child on their journey to making and keeping friends for life!

### Making and Keeping Friends

Research shows that people with friends are happier, more successful, and even live longer, while growing up without friends can have serious adverse effects. Children who don't have the social skills essential for making and keeping friends are at greater risk of delinquency and drug use. Children need to acquire the social skills for making and keeping friends at an earlier age in today's society as most enter day care and learning institutions at an earlier age. Our modern lifestyles can make it very difficult for children to make and keep friends.

Many families are trying to juggle more than they can comfortably cope with, often both parents work, separation and divorce is high which makes it harder for children to play with friends and neighbours when they move home every second weekend, children are in larger class sizes which puts more pressure on teachers to set homework, there can be too many after and before school activities, and of course the dreaded TV, Video and computer games which is modern society's greatest time waster. So who has time for friends? And who has time to teach children about the value of friendship?

Let's have a closer look at what interferes with children making and keeping friends?

1. The amount of TV watched and the content of what is watched on TV can interfere with the acquisition of essential social skills to make and keep friends because children are being entertained more so than interacting which is essential for healthy psychological development. Equally applies to video and computer games. Refer to tip sheet – TV/Screen time.
2. Out of school activities such as sport, language tuition and theatre tend to provide opportunities to make friends however too much time in activities can take valuable learning time from children who need to gain social and emotional skills to make and keep friends.
3. Your child's temperament such as shyness, sensitivity, bossiness or aggression can interfere with them making friends.
4. Sometimes there are larger issues that interfere with a child's ability to make and keep friends and they become bullies or victims of bullies.
5. There are some psychological disorders such as ADHD, autism and social phobia that interfere with children making friends. You need to seek professional help if this is the case.
6. Sometimes in this very busy world, some children are not taught virtues that make it easier to function in groups, work in teams and live in society. Kindness, empathy, love, compassion and patience are virtues that we can all learn from what we as parents as role models and teachers for our children.
7. Breakdown of the community because everyone is so busy. As the old African saying goes (Hilary Clinton borrowed) "*It takes a whole community to raise a child*"

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### Teaching children social skills to make and keep friends

There are social skills that children need to learn to be successful at making and keeping friends. Some of these include:

#### When playing games

- Taking turns in games
- Asking if you can join in first
- Making suggestions to play something
- Praising or encouraging comments (*well done, that's a good shot, cool*)
- Waiting your turn
- Following the rules
- Being a good winner by not boasting
- Being a good loser by not being aggressive
- Not being bossy
- Dealing with feelings such as jealousy, anger and disappointment well (*If your friend is playing with someone else and they say you can't play rather than call them names or hitting them, suggest that you can play the game in a different way, or come back and play later*)

#### When chatting

- Not hogging the conversation
- Giving people space
- Listening when chatting (Looking at them in the eye, some cultures this is offensive, paying attention and acknowledging by saying yes, or ah ha)
- Resolving conflict peacefully (using problem-solving techniques such as traffic lights stop, think and act and not bullying)
- Asking questions about the other person

#### When sharing things

- Not snatching
- Sharing when asked
- Saying please and thank you
- Borrowing for a period of time
- Offering to trade
- Returning it when your friend asks for it
- Dealing with feelings such as anger appropriately (not hitting or calling names, practicing the virtue of sharing - *if you share with your friend then they will want to play with you*)

*Making and Keeping Friends... cont'd***THE TEACHING PROCESS**

1. There are many teachable moments where children can learn these very important social skills. Sometimes the challenge of parenting is parenting itself, actually taking the time and expending the energy required so that children do learn these skills. In the very busy world we live in, parents, teachers and carers still need to put in the time and effort to teach these skills.
2. Supervision, feedback and teaching coupled with patience and encouragement work better than not setting boundaries, judgment and criticism coupled with anger and disappointment.
3. Some TV, video and computer games are acceptable. Limit exposure and encourage interaction with friends instead.
4. Toys can provide children with something to do and something to learn (necessary when you are doing things around the house and they are bored) but they can also get in the way and cause conflict. Before a friend comes over ask the child to decide what they will share and what they won't share. Put the *hands off they are my toys* only away until the play date is over.
5. If your child has trouble with friends encourage them to talk to you but don't force it. Set up a routine where you have regular communication such as at dinner time, before bed, in the car to school, family conferences and so forth. Then you can put your coaching skills into practice and help them put the rules for making and keeping friends above into practice.
6. Encourage your child to follow the rules of making and keeping friends irrespective of the situation; playing with friends in neighbourhood, at school, at home, at a friend's house, and so forth.
7. Encourage your children to make good choices when choosing friends (e.g., good values, follows rules, cooperates with adults).
8. It is important to help your child deal with the transition of making friends when you are moving to a new place.
9. Bullying and teasing are serious issues that interfere with children making and keeping friends.
10. Understanding your child's temperament can help you help your child be successful when making and keeping friends.
11. Gossiping can be a real problem for children making and keeping friends. It is important to take the time to teach children about the negative effects of gossiping and how hurtful it is to other children. Refer to tip sheet, Children and Lying.
12. Sometimes your child's behaviour, such as back chatting, swearing, biting, selfishness and ungratefulness can cause problems for adults like neighbours, teachers and other parents. Help eradicate such undesirable behaviours.

**Recommended Children's Books****Younger children**

The Bad Tempered Ladybird (Eric Carle)  
 Pumpkin Soup (Helen Cooper)  
 Just my friend and me (Mercer Mayer)  
 Franklin's new friend (Scholastic)  
 Franklin has a sleepover (Scholastic)  
 Franklin's neighbourhood (Scholastic)  
 Franklin goes to school (Scholastic)  
 The Ugly Duckling (Hans Christian Anderson)  
 The Selfish Giant (Oscar Wilde)  
 Mammy, Sugar Falling Down (Trish Cooke)  
 Lucy's Quarrel (Jennifer Northway)  
 Jamaica and Brianna (Juanita Havill)  
 Badger's Parting Gifts (Susan Varley)


**8-12 years**

Afternoon of the Elves (Janet Taylor)  
 Call it Courage (Armstrong Sperry)  
 Best Enemies (Kathleen Leverich)  
 The Hundred Dresses (Eleanor Estes)  
 The Eighteenth Emergency (Betsy Byars)  
 Jumping to Heaven (Katherine Goode)  
 The Indian in the Cupboard (Lynne Reid Banks)  
 Kensuke's Kingdom (Michael Morpurgo)  
 Holes (Louis Sachar)  
 Mortal Engines by Phillip Reeve  
 Cloud Busting (Malorie Blackman)  
 Hating Alison Ashley (Robin Klein)

Danny, the angry lion (Dorothea Lachner and Gusti)  
 Wise ways to win (Ivan Milton Hill)  
 Arnie and the Skateboard Gang (N Carlson)  
 Loud Mouth George and the Skateboard Gang (N Carlson)  
 Frog and Toad are Friends (A Lobel)  
 Berenstain Bears Titles various (Stan and Jan Berenstain)  
 and Trouble with Friends; and Get into a Fight; and the Bully;  
 and Too Much Teasing; and No Girls Allowed; and Trouble at  
 School.  
 What do we think about bullying? (Jillian Powell)  
 How are you peeling? (Saxton Freymann and Joost Elffers)  
 Feelings (Alike)

# All About Bear Friends


Draw a picture of the three bears.



Once upon a time there were three bears who came to Fig Tree Pocket School on an exchange program. Sun Bear was from South America, Grizzly Bear was from the United States of America and Polar Bear was from the North Pole. They all went to Mrs Loody Bear's class, IS.

# All About Bear Friends

Draw a picture of yourself listening to the teacher.



Mrs Loody Bear told the class they were going to learn about making and keeping friends today. She said, "Class, let's do some brain storming about friends. Let's think about what makes friends happy rather than sad, angry or scared, especially when playing games, chatting and sharing." The children had lots of ideas, and Mrs Loody Bear wrote them on the board. She also added some of her own ideas.

# All About Bear Friends

The children went over everything on the list.

Remember to take turns.

I remember to take turns when playing hand ball most of the time.  
But it's hard to wait.

Remember to say please and thank you.

I remember to say please when I want to play at a friend's house.

Remember to ask to join in.

I guess that's why my friends get mad at me sometimes when I forget.

Remember to be a good winner and loser.

I sometimes forget about this especially when I am so tall and it's all so easy.

Remember not to be bossy.

I don't mean to but it's hard when no one listens.

Remember to give people their space.

I get so excited sometimes that I scream in their ears. I guess it's not nice.

# All About Bear Friends

Remember to not talk all of the time.

I am good at this. Do my friends ask me about my weekend?

Remember to use the traffic lights to solve problems rather than fighting.

That's easy. Red light I stop and not hit, Yellow light I think about how to solve the problem and green light I do it.

Remember not to snatch.

That's a hard one. Sometimes I forget. And they snatch it back from me.

Remember to follow the school rules.

It's just remembering them all. There are so many. It's good my friends remember.

Remember to say excuse me before saying what you want to say.

I guess sometimes it doesn't work. I still have to wait or do it myself.

# All About Bear Friends

Remember to consider your friend's feelings.  
Feelings. Do I have those? Yes. Sometimes I am sad when my friends say nasty words. Sometimes I am mad when I can't do something a friend can. Sometimes I am scared when I've had a bad dream. Sometimes I feel bad when I do something I shouldn't. But I feel glad when I play with my friends.

Remember to give yourself a bear hug when you feel mad.  
It's much better than hurting my friend with my big paw.

Remember to care about your friends.  
I asked my friend if she was ok when she fell over. Phew she was, because she was bigger than I.

Remember to share with your friends.  
I like to share toys, but not all of them.


Remember to be there for you friends.  
What does that mean? I have to go home sometimes. But I guess we could chat online later.

Remember not to tattletale and not to blame.  
It's not my fault, it was hers. Is that what they mean?



# All About Bear Friends

Draw a picture of you and a friend sharing.



The three bears were very excited about what they had learnt and wanted to try to be a good friend straight away. But there were so many ideas on the board. Perhaps they would just try a few to start.

# All About Bear Friends

Draw a picture of your friends and yourself eating lunch.



The Sun Bear sat next to James for lunch. "You've got sandwiches like me," said the Sun Bear. "And what is that thing?" added the Sun Bear. "It's a chocolate muffin. Would you like some?" replied James. "Didn't the teacher say we aren't allowed to share food," said the Sun Bear. "Yeh, I guess so, but she also said it was good to share" replied James. "Do you want to come to my house for a play and you can have some fresh out of the oven?" James exclaimed! "Yes, I would love to. I can bring some berries and leaves for you to try too," said Sun Bear excitedly.


# All About Bear Friends

Draw some children playing handball.

Grizzly Bear was watching some of his friends playing handball. He got up and snatched the ball and said, "My turn now. I have waited long enough." Polar reminded Grizzly about waiting his turn and asking to join in. "Oh yes," he said. He asked to join in. When he was playing one of his friends hit the ball into his head. He got mad but remembered this time to hug himself rather than push his friend. "That's better," he said. "I calmed myself down rather than push my friend away."

# All About Bear Friends

Draw a picture of a good friend.



During second break, Polar Bear and Gabrielle sat together and ate some lunch. Polar Bear talked a lot about her home in the North Pole. Gabrielle was a good listener. Gabrielle said, "I know a lot about your home now, do you want to know about my home?" Polar Bear was a little embarrassed because she remembered that it was polite to not take up all the air space when talking to friends. It is nice to ask my friend about themselves too. "Of course, I want to hear about your home and family. Where do you live? Do you have sisters and brothers? What do you do on weekends? "Oh, so many questions," said Gabrielle. "Let's see, where do I start?"

# All About Bear Friends

Draw a picture of an angry bear giving himself a bear hug.



Grizzly Bear was bored playing hand ball and noticed some of his friends playing a card game with the older boys. He asked if he could play. James let him use his cards for duelling matches. Grizzly was really pretty good at it probably because he looked a bit scary when on attack with his gruff voice and hairy face. Grizzly wanted to keep one of the cards, but James said, "No, it is against the rules of the school, no trading cards, it starts too many fights the principal said."

# All About Bear Friends


Draw a picture of your favourite tree with you sitting under it.



Grizzly Bear, Polar Bear and the Sun Bear went down near the trees to play with the soccer ball. The ball flew into the tree and got stuck. Polar Bear said, "I'll get it. I feel like climbing." The Sun Bear remembered that the students were not allowed to climb trees without supervision from a teacher. Polar Bear exclaimed, "Yes, but they can't climb trees; they aren't bears like us." "I don't know," said the Sun Bear hesitantly. "Gabrielle is a pretty good climber and so is James. I watch them on the monkey bars," asserted the Sun Bear. "How about we get a stick and knock the ball out of the tree?" suggested Grizzly Bear. "Good idea," said the Sun Bear and Polar Bear in unison. "I still feel like climbing though," said Polar Bear. "Well, let's go the playground then," Grizzly suggested excitedly.

# All About Bear Friends


Draw a picture of a bear with a surprised look on her face.



Polar Bear noticed there were a group of girls from her class playing around some other trees so she decided to join them instead. She went down and asked to join in. The girls were jumping over the stick wedged between the two big eucalyptus trees. When it was Polar Bear's turn, she jumped over lots of times. The girls got a little upset because Polar Bear was boasting about how easy it was for her. "Go and play somewhere else, we don't like you," screamed one of the girls. Polar Bear was surprised. She didn't know what she had done. Gabrielle suggested to the girls and Polar Bear that maybe they could put the stick up higher or find another stick and wedge it higher to make it more difficult for Polar Bear. Gabrielle continued, "I am sure Polar Bear didn't mean to boast, she is so tall and she can just step over it." Polar Bear gave Gabrielle a special bear hug and said, thank you.

# All About Bear Friends

Draw a picture of you and your friend holding hands.



The Sun Bear was so excited about playing so nicely at lunch time that he went up to Omar and screamed in one of his ears. Omar was mad. He clenched his fists and pushed Sun Bear. The Sun Bear was sad. He forgot that friends need space. Omar saw that Sun Bear was sad and said he was sorry for hurting his feelings. "I won't do that again Omar, I promise." "That's ok," said Omar, as they strolled to music class together.



# All About Bear Friends

Design and draw a bear-ific ticket.

The three bears were looking forward to getting lots of bear-ific tickets. If their names are drawn out they will be able to sing at the Teddy Bear's Picnic at the end of term. Polar Bear wished secretly that she would be chosen.

# LIFE



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