

# Friendship & Social Connection Kit

## Key Messages



Focus question: What is a friend?

How does spending time with your friends make you feel?

- Friendships and other relationships benefit our health. For example -
  - Gives us confidence
  - Helps us feel better and improves our emotional wellbeing
  - Even helps us live longer
- Being lonely can impact our health in negative ways. For example -
  - It makes us not sleep as well
  - Not feel as good, can lead to anxiety or depression
  - Can get sick more often, weaken immune system
- How do you make friends?
  - The first step is to say hello.
  - We make friends as we spend time with each other and do things together.
  - Spending time together builds bonds and develops social skills.
- Important to organise social play time for your little one. We can learn lots of things playing together. Sharing, cooperation, taking turn, listening to other people, figuring out how to get along if we disagree, understanding how other people feel.
- What are some ways we can be friendly?
  - Smiling promotes bonds between people and is one way to help make a friend.
  - Saying things that makes other people feel good such as “I like you”.
  - Friendly behaviour can be supported by parents/carers
- Modelling friendly behaviour
  - Role plays at home
  - Reinforcement and praise
  - Look for opportunities to talk about or show a certain skill such as kindness to your little one to help them learn this.
  - Talk about acts of kindness.
- We don't have to be the same as our friends. We can be very different but still enjoy doing things together and support each other.