



HELLO PARENTS,

Friendships are an important part of our lives. They contribute to a person's happiness, self-esteem, sense of belonging, and overall well-being. For children, making friends is crucial in their social and emotional development. Having friends helps children understand other people's perspectives, learn cooperation, negotiation and compromise, and navigate through challenging situations. In this newsletter, you will find activities that will help your child make and cherish their friends.

ACTIVITIES INFANTS (3 -18 MONTHS)

MY BEST FRIENDS

MATERIALS:

- Pictures of children that your child plays with
- Photo album

DIRECTIONS:

- Put all pictures into a photo album.
- Sit down with your child, turn the album pages together and point to the pictures.
- Talk about who is in the pictures, and what the children are doing in the photos.
- Have the photo album accessible to your child for independent viewing.

[Click here](#) for the song "My Best Friends".

TODDLERS (19 MONTHS – 2.5 YEARS)

SHARING COOKIES

MATERIALS:

- Cookies
- Frosting and sprinkles (optional)
- Ziploc bags

DIRECTIONS:

- Together with your child decorate the cookies using frosting and sprinkles (optional).
- Divide cookies into piles for each family member or friend who is visiting.
- Put the cookies in individual Ziploc bags and have your child deliver them to each family member or friend.
- During this activity, talk to your child about the importance of sharing.

[Click here](#) to read "My Friend Is Sad" by Mo Willems.

PRESCHOOLERS (2.5 – 5 YEARS)

"WHO IS MISSING?" GAME

DIRECTIONS:

- Play this game when you get together with friends and family.
- Everybody sits in line with their eyes closed and facing the same direction.
- One person stands behind them and taps someone on the shoulder.
- The person who was tapped quietly gets up and hides.
- The rest of the players open their eyes and guess who is missing.

[Click here](#) for more friendship activities for preschoolers.

JK/SK (4 – 6 YEARS)

A BOOK OF FRIENDS

MATERIALS:

- Notebook
- Markers or pencils
- Glue (optional)
- Photos of friends (optional)

DIRECTIONS:

- Discuss with your child what it means to be friends, and what qualities in friends they value.
- In the notebook, help your child to write their friends' names one on each page.
- Your child can draw their friends' pictures, favourite toys and things they like.
- If your child has their friends' photos, they can paste them in the notebook, too.
- Each time when your child meets a new friend, they can add them to the book.
- Encourage your child to use the book to talk about their friends.

[Click here](#) to listen to the book "Let's Be Friends" by Phoebe McGuffee and Carole Baumbusch.

SCHOOL-AGERS (6 – 12 YEARS)

WHAT MAKES A GOOD FRIEND?

MATERIALS:

- Large sheet of paper
- Markers or pencils

DIRECTIONS:

- Sit down with family members or friends and have a discussion about friendship. Answer the following questions:
 - What makes a good friend?
 - What makes me a good friend?
 - What do good friends do for each other?
 - What should good friends focus on?
 - How do good friends help each other?
 - What should friendships be based on?
- On top of the large sheet of paper write the title: "What makes a good friend?"
- Ask each participant to write a word or sentence, or draw a picture about friends and friendship. You can use the questions above as guidelines.
- Once everyone has added something to the poster, post it on the wall or refrigerator where everyone can see it.

[Click here](#) to watch a video "What do kids think about friends and friendship?"



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A TIP FOR TODAY

- Help your child to develop positive social skills, such as sharing, taking turns, and listening to each other.
- Model for your child positive interactions with other people.
- Provide your child with opportunities to spend time with other children.
- Have conversations with your child about things that are important to them.
- Help your child learn to manage emotions and solve problems.