

# HOW to be a FRIEND!

Hello!

Wow— we are about  $\frac{1}{2}$  of the way through our FRIENDS series. Have you been able to use some of the tips that we have offered to help you become a better friend? So far, we have learned to:

- F** Find Something in Common
- R** Respect Other People (Space, Property, Ideas)
- I** Invite & Include Kids to Participate

Today we are going to learn about **E**mpathy. A big word we know, but something that is very important to being a good friend. You will learn all about it on page 2.



If you remember the past newsletters, here is a reminder of what you will learn about in the upcoming newsletters.

- N** kNow when to Support Each Other
- D** Do the Right Thing
- S** Say You're Sorry. Everyone Makes Mistakes.

As always, if you want to talk more about anything that we have shared, please feel free to call or email us. We hope to talk with you soon!

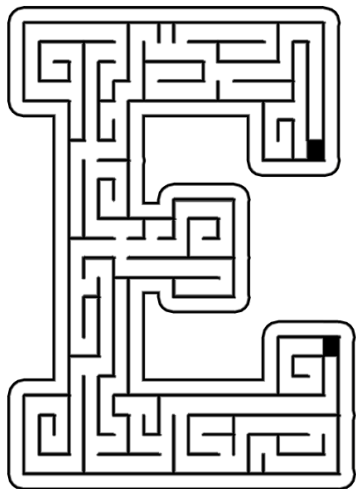
Sincerely,  
-Your TDA School Counselors ☺

# HOW to be a FRIEND

## E Empathy

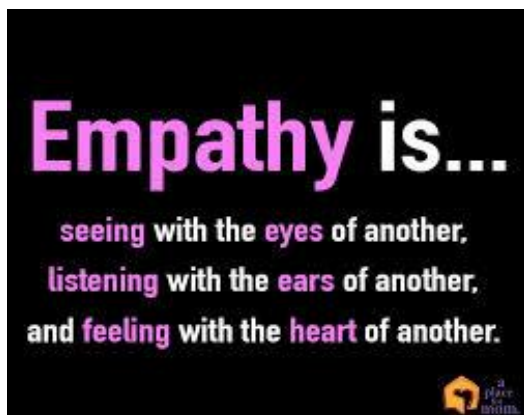
Empathy simply means showing that you care. Try to understand your friend's situations and how he/she is feeling. For example, you may empathize with a friend because he is sad that a friend moved away. You may have had a friend move away in the past too, so you know how he feels. Or, maybe they lost a pet. You can understand how they feel because maybe you lost a pet too. Showing that you care will help your friend value your friendship.

### Complete the Maze ☺



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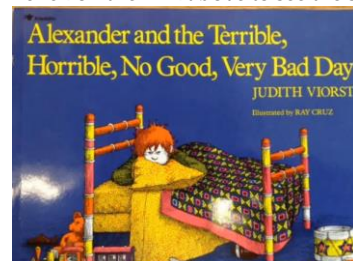
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### Check it Out!

#### [Alexander and the Terrible, Horrible, No Good, Very Bad Day](#)

(Ctrl+click on the link above to see the story)



### Contact Us If You Have Questions!

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