I Can Be a SUPER FRIEND!

Created for Tab by Lisa Grant & Rochelle Lentini
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I like talking and playing with my friends at school.
Sometimes, I want to play with what my friends are playing with.

When I play, I sometimes feel like taking toys, using mean words, or hitting and kicking.

My Friends get sad or mad when I hit, kick, use mean words, or take toys.
If I want to join in play, I need to join nicely or ask to play with my friends’ toys.

I can say, “Can I play with that toy?” or “Can I play with you?”.
First I stop, then I think about what a Super Friend would do.

Super Friends use:

- Use nice talking,
- Look with their eyes,
- Listen with their ears,
- Gentle hands and feet,
- Take turns with toys.
I can try to be a SUPER FRIEND.
Taking turns can be fun!
My friends and I get to play with toys we like.

My friend can take a turn, then I can take a turn.

If I want to play with my friend’s toy, I can say: “Can I please play with that toy?”.
After I ask my friend for a turn,
sometimes I might have to wait for my turn,
but I will get a turn soon.

Can I play with that Toy?
My friends and I like playing together.

Sometimes when my friends play, I get upset. I may want them to play with the toys my way.

But my friends can play with toys their way and I can play my way, as long as we all play nicely together.
My friends get sad when I use mean talking, hit, kick, or hurt toys.

I can try to go with the flow instead.
I can go with the flow.

I can stop, take 2 deep breaths, and say To myself: “I can go with the flow.”
I like going to school and playing with my friends and teachers. I also like playing with friends at home.

But sometimes I have a hard time and feel frustrated or angry. If I feel this way, I need to STOP, THINK, and DO.
I can also remember that a Super Friend can stop, take 2 deep breaths, and say: “I can go with the flow.”

I can go with the flow.

If I am still having a hard time, I can ask an adult for help. I can go to the adult and say: “Can you please help me?”

Can you please help me?
Super Friends use:

- Use nice talking,
- Gentle hands and feet,
- Look with their eyes,
- Listen with their ears, &
- Take turns with toys, &
- Go with the flow.
Everyone is happy

when I am a SUPER FRIEND!
I can join my friends and play nicely.

I can take turns nicely.

I can go with the flow.

CUE CARDS

“Stop” on one side.

“Cue” on other side.

(cut-out and placed on a ring)

I can stop, think, and do.
I CAN BE A SUPER FRIEND

I can join my friends and play nicely.                      

I can take turns nicely.                                   

I can go with the flow.                                   

I can stop, think, and do.                                

DATE: ___________