

Friendship Change Family Questions

Today we explored friendship changes. Going through friendship changes can be really difficult. It can be lonely, sad and even confusing, especially if we don't understand why the change is happening. Friendships are a huge part of our lives and accepting friendship changes is an important life skill. In today's session we explored why it's important for us to learn how to work through friendship changes so we can move forward in a positive way.



I heard this week's topic was about Friendship Changes...

Why do you think friendships begin to change?

What do you think is most difficult about friendship changes?

What can we do to move forward after a friendship change?

Tip: Going through friendship changes can be a very isolating and lonely time for children and teens. A great way to help your child is to share your own examples of friendship changes. Try sitting down and talking about the difficulties you have experienced with friendships. Share how you have overcome friendship changes. By doing this you can help your child to see that everyone goes through friendship changes. It's important to share the benefits of making new friendships and how new friends can bring renewed happiness into your life.

Friendship Changes Top Tips

OPEN UP TO NEW PEOPLE

Take time to open up to new people and new experiences. Friendship changes can be a great time to get to know new people. Try stepping out of your comfort zone and connecting with new people.

EXERCISE & NUTRITION

Take care of yourself by keeping your body physically and mentally healthy. Try eating healthy foods and exercising each day. We really do feel better when we move our bodies and eat healthy.

WRITE AND CREATE

Take some time to write your feelings down in a journal or express yourself creatively. It's important to acknowledge and process your feelings. Creativity is a great way to let your emotions out.

SHARE YOUR FEELINGS

Reach out and talk to someone you trust about how you feel and what you're going through. Sharing your feelings can help you to feel less lonely during difficult times.

DON'T BLAME YOURSELF

There are so many reasons why friendships change, it's important not to blame yourself.


ALLOW YOURSELF TO FEEL SAD

You may go through a process of grieving the loss of your friend or friendship and that's ok- give yourself some time. Everyone responds to friendship changes differently. It's important to do what feels right for you.

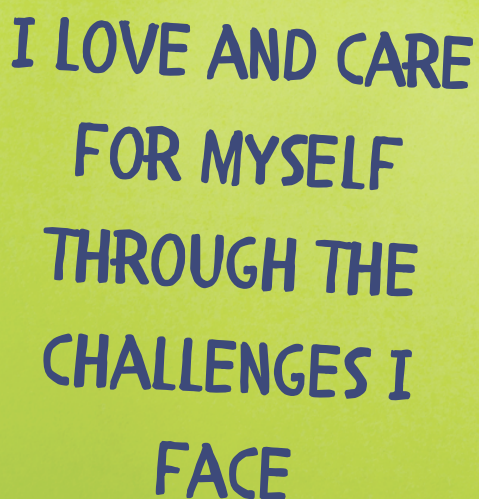
Friendship Change Affirmations



I EXPRESS MY
FEELINGS WITH
EASE &
CREATIVITY



I AM A WONDERFUL
FRIEND AND CARE
ABOUT THOSE
AROUND ME



I LOVE AND CARE
FOR MYSELF
THROUGH THE
CHALLENGES I
FACE



I AM OPEN TO
NEW
EXPERIENCES
AND POSSIBILITIES

Friendship Change Home Challenge

Going through friendship changes is often a difficult time. It can be lonely, sad and even confusing, especially if we don't understand why the change is happening.

Friendships are a very special part of our lives and accepting friendship changes is an important life skill. This today's challenge is designed to help you or a friend work through friendship changes;

Have you had a friendship change? What happened?

How did you work through the friendship change?

Is it okay for friendships to change? Why?

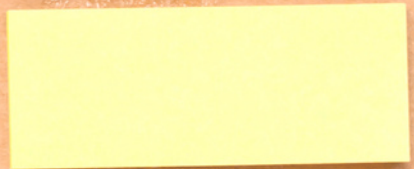
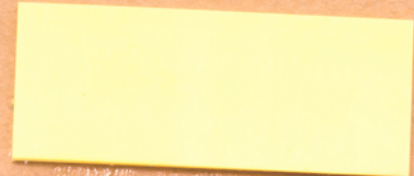
How can you prepare yourself for friendship changes in the future?

TIP: If you or someone you know is feeling down, it's important to reach out and talk to a parent or teacher. Remember, you don't have to go through tough times alone.

Friendship Change Goal

What will YOU do this week to help yourself (or someone else) through a friendship change?

This week I will...



Friendship Changes Expression

This activity is designed to help you slow down. It's where we practice self care and mindfulness activities to help us relax, and unwind. Working through friendship changes can often be difficult. Expressing our thoughts and feelings can help us to work through a friendship change. Take a moment to use paint or pencils to create an image that expresses a friendship change. You could use colours and patterns that express this for you. You are welcome to use words as well.

