

The background of the slide features a soft-focus image of two stylized, light-colored human figures standing on a wooden surface. The figures are positioned centrally, with their arms raised and hands clasped together in a gesture of support or reconciliation. The overall tone is calm and positive.

Understanding how to mend friendships with family and friends

In this task you will be able to:

- Create a poster on how to mend friendships when you have had a disagreement or a falling out.*

What happens when we fall out with others?

From time to time, we may have disagreements with our friends and our family or even those we live with.

The questions we need to ask are:

- Can we see both sides of a problem?*
- What sort of things cause friends to fall out sometimes?*
- What are the best steps to take to sort out disputes and mend friendships?*
- What are the words that help us to resolve disagreements?*

Your task is to look at the poster on the next page and create your own advice sheet that you or another person can use, whenever you may fall out or disagree with others.

Have fun!

Mending Friendships



Stop

Think about how you're feeling. Angry? Upset? Disappointed? Let down?

Try to calm these feelings so you can think about what's gone wrong.



Get Ready

Look at each other's point of view.

Listen to how the other person sees it.

Talk calmly about how you see it.

Work out what's gone wrong.



Mend The Friendship

Say sorry if you need to (even if it's hard).

Agree how to put it right.

Do something fun together.

Have a special 'make friends' sign, gesture or phrase (touch little fingers, say "make friends, make friends...").

Mending Friendships

A reason why friends might fall out is...	
	Stop You could say...
	Get Ready You could say...
	Mend The Friendship You could say...

Now, create your own. What words of advice or questions would you ask when you are mending friendships?