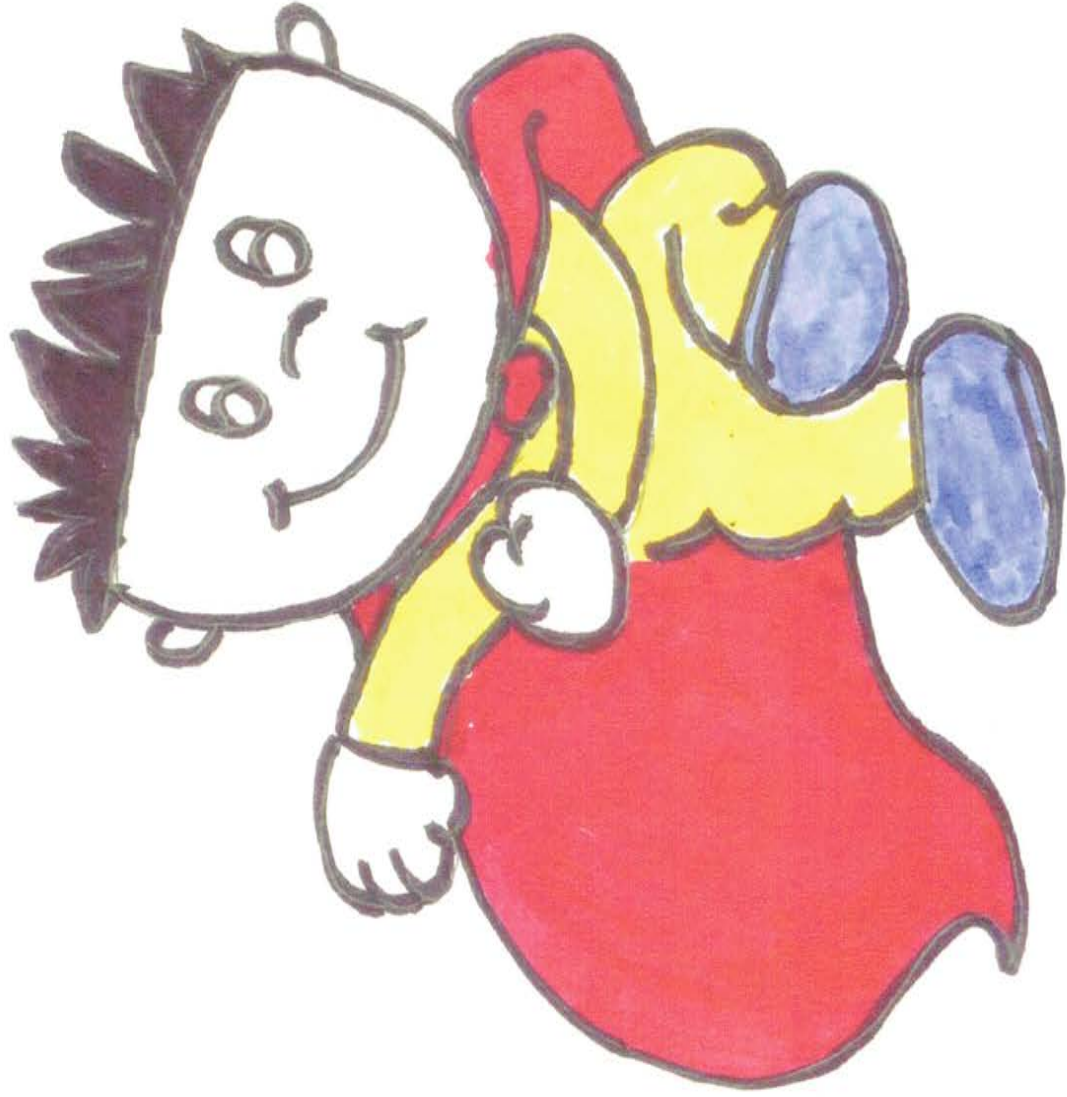
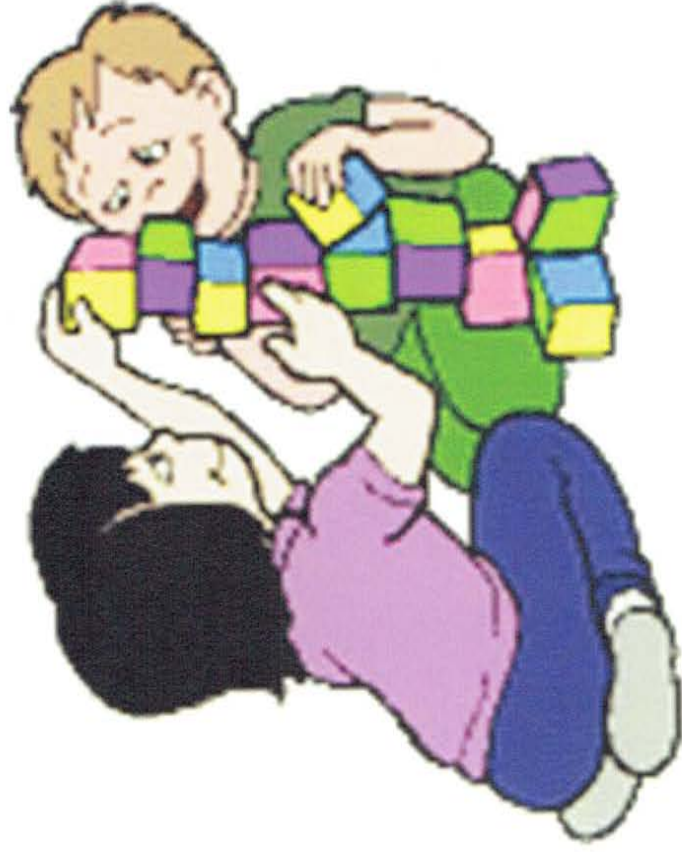


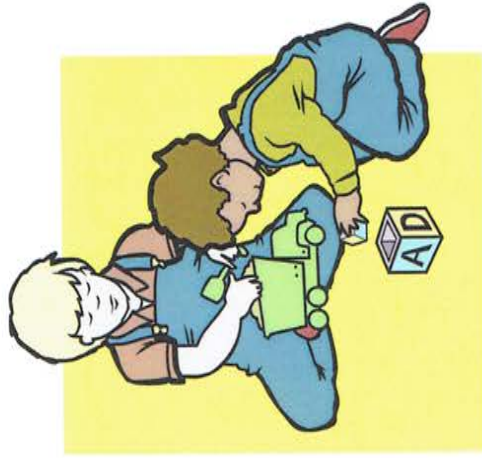
# I Can Be a SUPER FRIEND!



Created for Tab by Lisa Grant & Rochelle Lentini  
2002



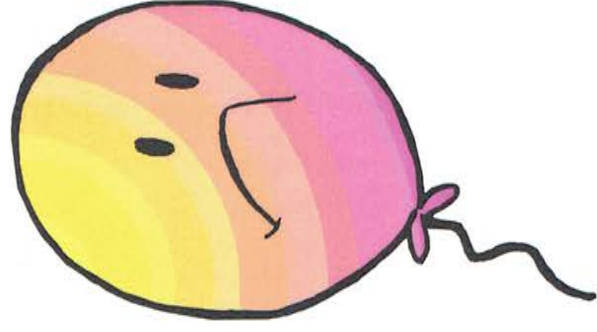
I like talking and playing  
with my friends  
at school.



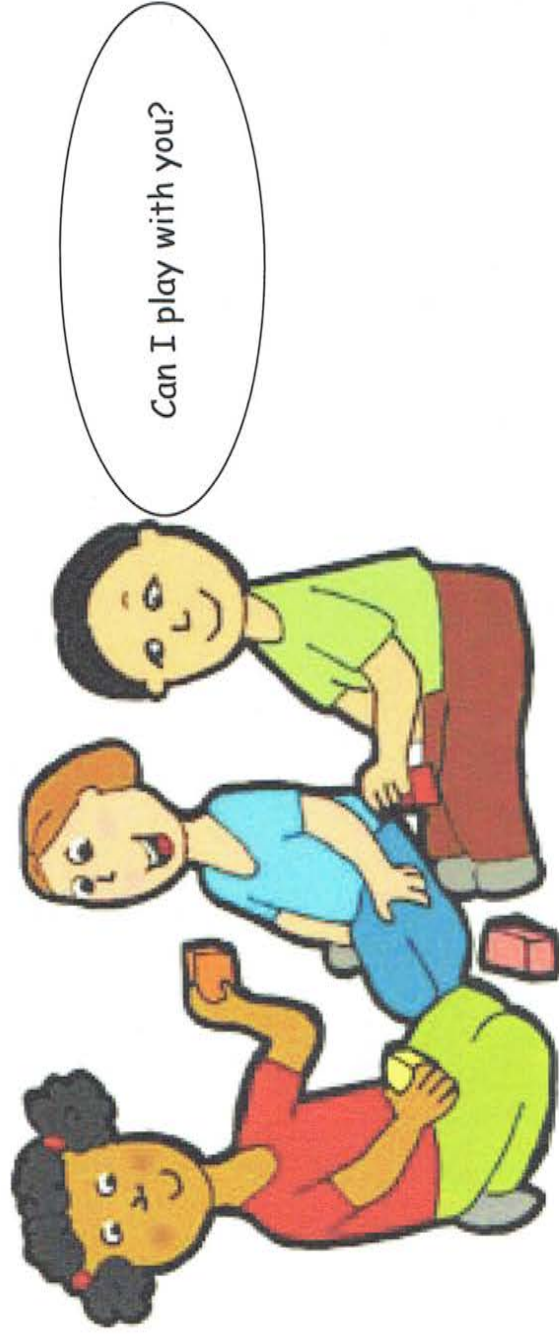
Sometimes, I want to play  
with what my friends are  
playing with.

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,



Gentle hands and feet,



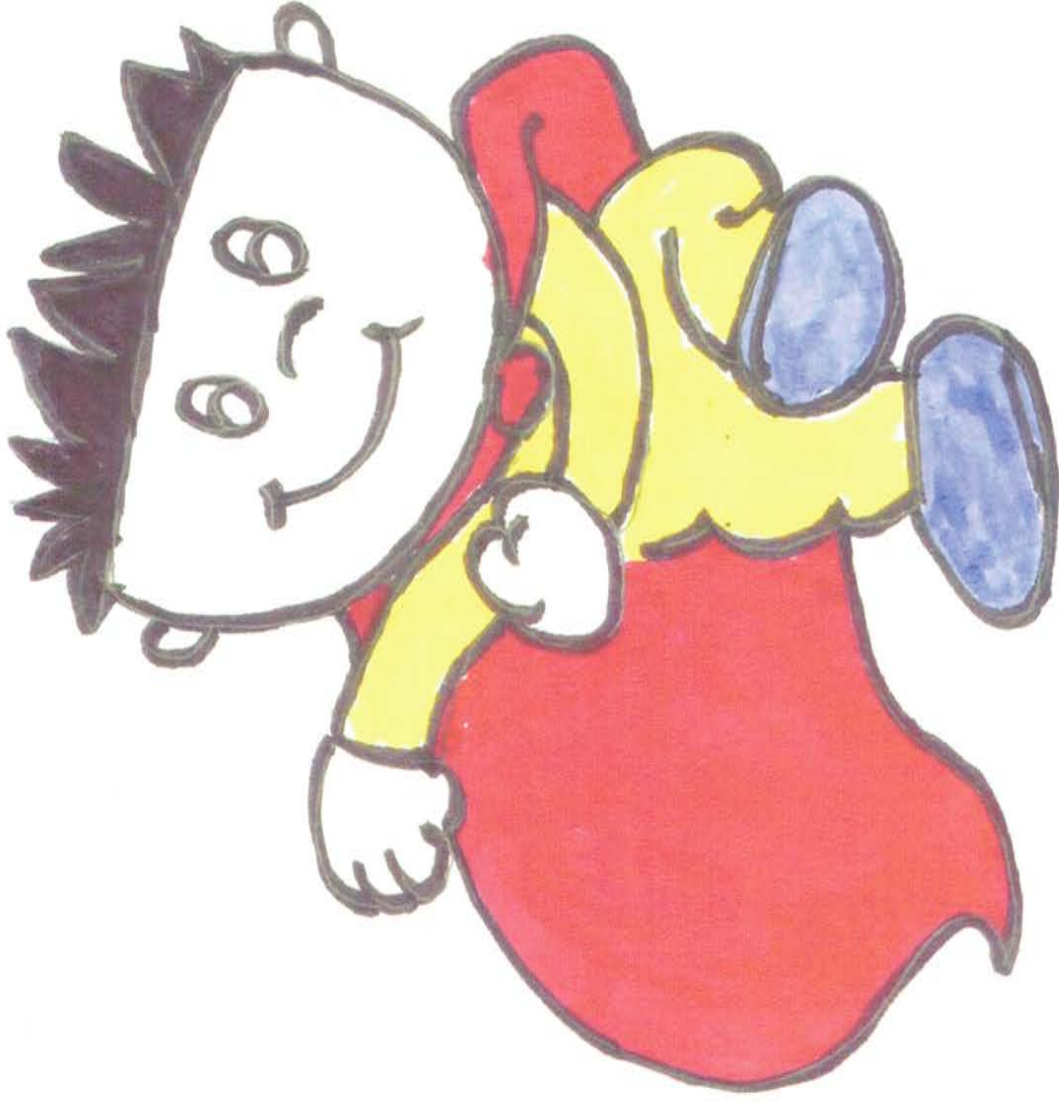
Look with their eyes,



Listen with their ears, &



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.



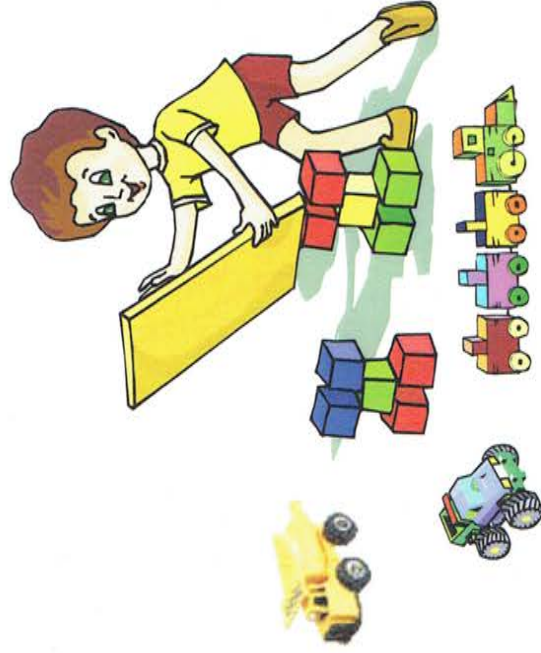
My friend can take a turn, then I can take a turn.



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.

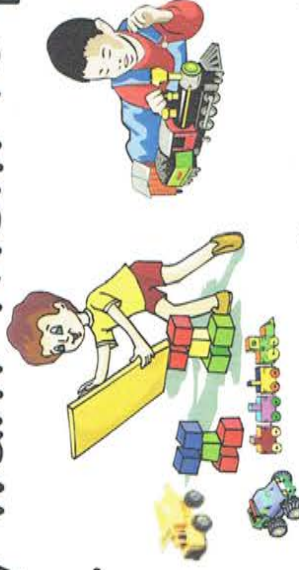




My friends and I like playing together.



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



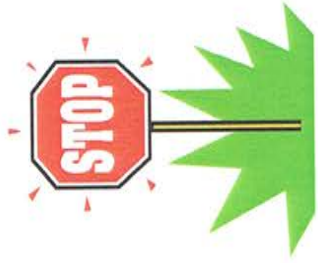
But my friends can play with toys their way and I can play my way, as long as we all play nicely together.

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."

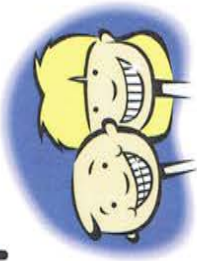


If I am still having a hard time, I can ask an adult for help. I can go to the adult and say: "Can you please help me?"

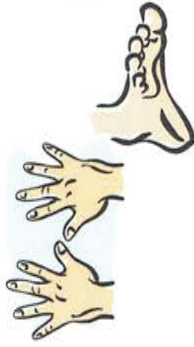




# Super Friends use:



Use nice talking,



Gentle hands and feet,



Look with their eyes,



Listen with their ears, &



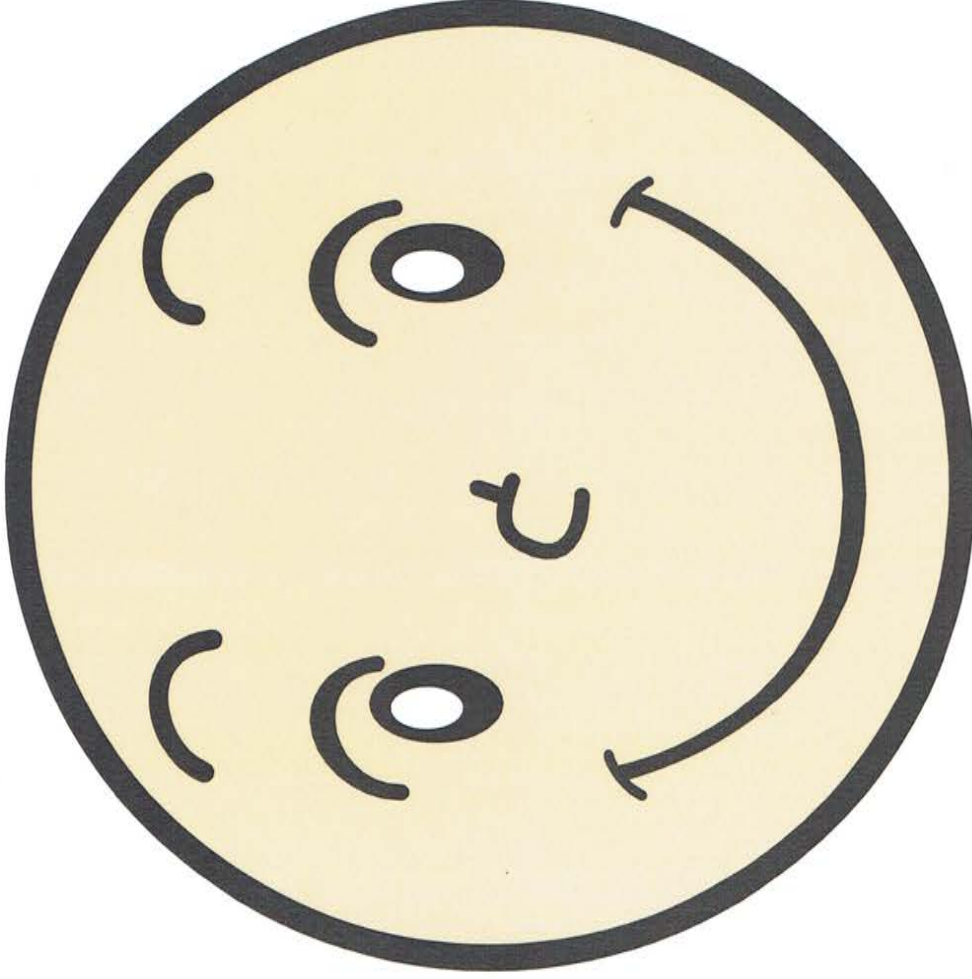
Take turns with toys, &



Go with the flow.



Everyone is happy



when I am a SUPER FRIEND!

