



# Friendship Skills Reflection Mat

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_













 **What is a good friend?**




List words or examples.


 **My friendship strengths**

What am I good at?


## Friendship Skills

<b>1. Listen</b>  I listen to others. 	<b>2. Be Kind</b>  I am kind and caring. 	<b>3. Include Others</b>  I include others and invite them. 	<b>4. Share</b>  I share and take turns. 	<b>5. Respect</b>  I respect others and their feelings. 	<b>6. Solve Problems</b>  I try to solve problems calmly. 
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★ How am I doing? Colour or place a counter in each circle.  I'm great at this!  I'm getting there.  I need more practice.

 **Something I want to improve**

What is one friendship skill I want to work on?


 **My goal**

What will I do to improve?

★ \_\_\_\_\_

★ \_\_\_\_\_

I will try this by: \_\_\_\_\_

 **Reflection**

How will improving my friendship skills help me and others?

