

Friendship Bracelets



Materials:

- Beads
- String/Embroidery Thread
- Child-Safe Scissors

Instructions:

There are multiple ways to create friendship bracelets, feel free to be creative with how you and your child create yours! This is one example you can follow:

1. For simple bracelets use one string, for braided ones use 3 strings of the same length.
2. Wrap one end around a pencil and tie a knot. Gently slip this end off of the pencil revealing the loop that was just made. This will be used to secure the ends after you've finished braiding. Trim the excess tail of thread.
3. Using a piece of tape, cover the looped end and press securely to a flat surface like your counter or dining table. You can teach your child how to braid or have them add beads at this time.

Keep things simple by adding a bead to the same strand every time you braid. For example, add a bead to every new strand that is farthest on the right. Or let your child have fun with it and add beads however they like! Adding beads is completely optional and should be done with supervision for younger children.



4. Once you're close to the end (about 2-3 inches) take the tape off the strand. Measure it around the wearer's wrist and trim to size. Tie the loose end into a knot.
5. After you've trimmed the bracelet to size, wrap it around your wrist. Pull the finished end through the loop, and tie in a knot. Trim excess thread.
6. Make another bracelet to give to a friend!

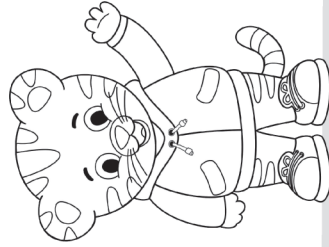


DANIEL TIGER'S NEIGHBORHOOD

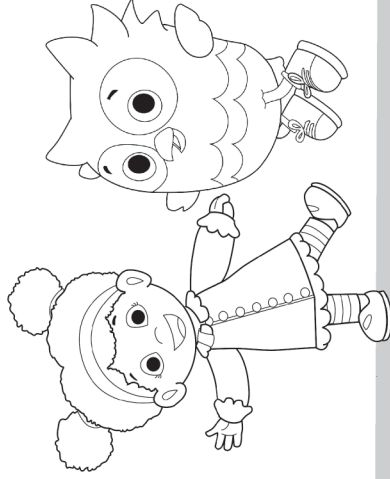
Friendship Cards

Talk with your child about friendship and what makes a good friend. Ask them questions like: "Who are your special friends?," "What makes your friends special?" Help them fill in the cards, cut them out, and encourage your child to draw a picture on the back. Deliver them through the mail.

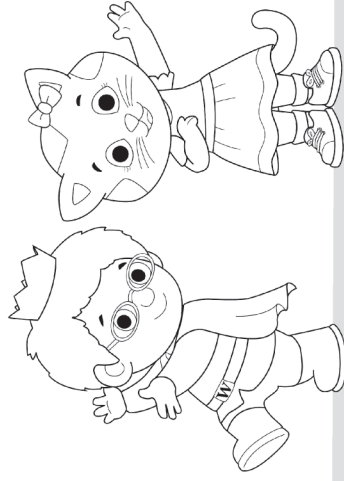
Hi Friend



You're Grr-ific



I Like You



Find more games and activities at pbskidsforparents.org

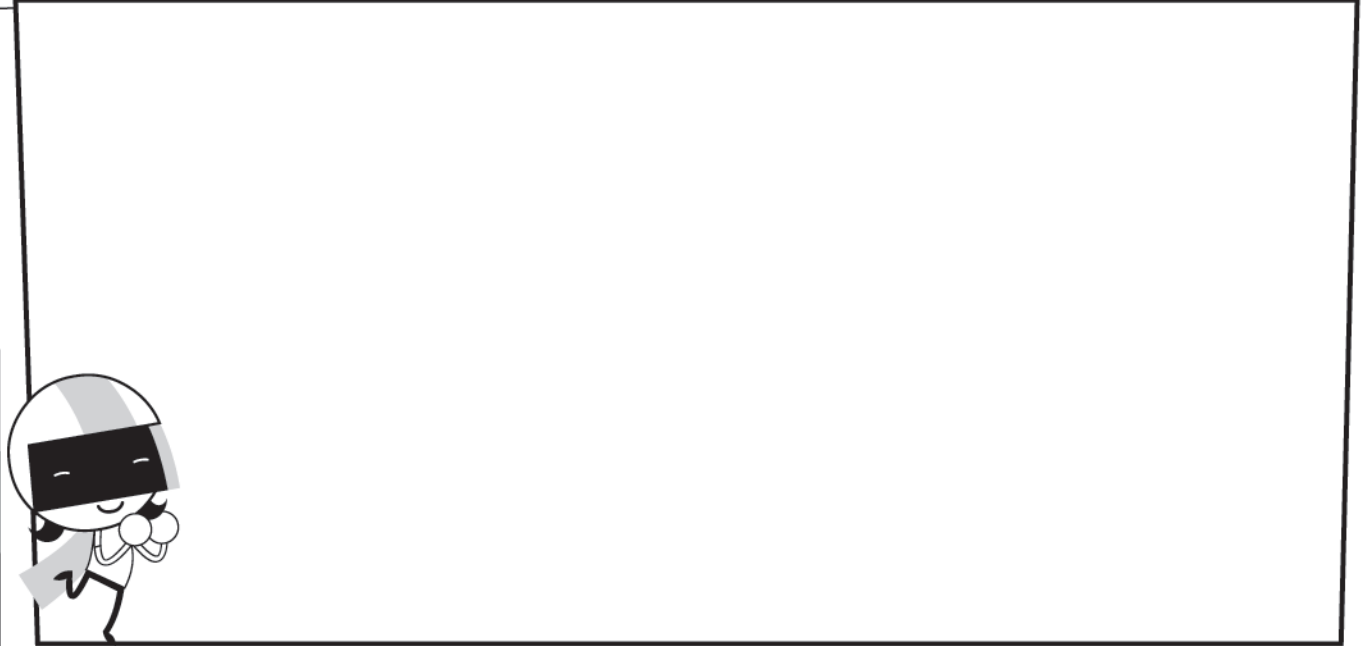


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A Good Friend

_____ Name



**I am a good friend
because...**

Find more games and activities at pbskidsforparents.org





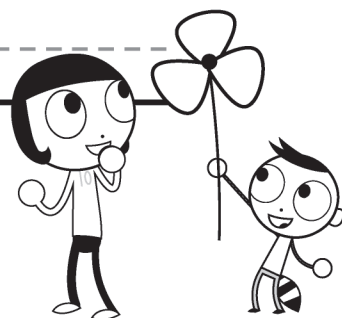
Traits of a Good Friend

Name _____

Draw a portrait
here.

A good friend...

Find more games and activities at pbskidsforparents.org



Make Friendship Bracelets!



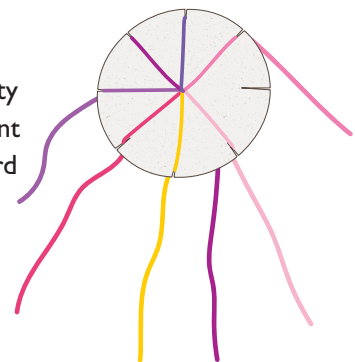
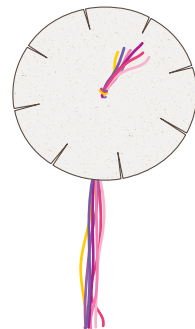
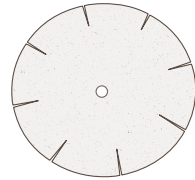
Have a grown-up help you make these pinkerrific bracelets using colorful string. Then give them to your friends or family members.

You'll Need:

- colorful yarn or embroidery floss
- cardboard
- pencil
- scissors
- ruler
- round object to use as a stencil, such as a lid or drinking glass (about 5" in diameter)
- (optional) beads and pipe cleaners

Directions:

- 1 Use a round object to trace a circle onto the cardboard.
- 2 Have a grown-up:
 - a. cut out the cardboard circle
 - b. divide the circle into eighths
 - c. cut half-inch slots on each line
 - d. poke a hole in the center of the circle
- 3 Choose the colors you want to use. Cut seven strings for your bracelet that are 18" long each.
- 4 Match up the strings and tie a knot about an inch from the ends. Thread the strings through the hole in the cardboard and pull them so the knot is against it.
- 5 Take one string and place it in a notch in the cardboard. Do the same with the other six strings. You'll have one extra notch without a string.
- 6 Ready to weave? Turn the cardboard loom so the empty slot is facing your body. Start at the empty slot and count the strings counterclockwise. When you get to the third string, unhook it and move it into the empty slot.
- 7 Turn the loom so the empty slot is facing your body again and repeat. Count to the third string, unhook it, and move it to the empty slot. You're weaving! As you weave, you'll notice your bracelet getting longer.
- 8 When the bracelet is long enough to wrap around your wrist, unhook the strings from the slots. Pull the strings through the cardboard.
- 9 Tie the bracelet around your friend's wrist and cut off the extra string.





DONKEY HODIE

5 Ways to Help Kids Handle Disagreements With Friends

By Lindsey Pruett-Hornbaker, MA
May 17, 2022

“Can two friends disagree?” asks Donkey in the “Donkey Hodie” episode, “Super Duper Magic Fun Box.”

We can’t escape conflict, even if we want to (and most of us probably do). Disagreements are a normal part of life for both kids and adults, but they don’t have to be a dealbreaker. According to Positive Psychology, disagreements in any kind of relationship — friendship included — can make the relationship stronger and encourage better understanding between two people.

To answer Donkey Hodie’s question about friendship: Yes, friends can disagree, and they often do! With guidance, your child can recognize that a disagreement doesn't have to mean the end of a friendship. You can increase your child’s confidence and capability to handle the ups and downs of friendships by helping them understand that conflict is normal, and by providing them with tools to handle disagreements when they arise.



Clifford
The BIG RED DOG

Creativity Challenger

Instructions: Cut out and fold the Creativity Challenger. Choose a number or an object to reveal your next creativity challenge!

8
Tell a joke to a friend.

7
Read a book with someone.

6
Sing a song for someone.

5
Create an art collage for someone.

4
Write a poem for someone.

3
Tell someone a story.

2
Draw a picture and share it.

1
Make a puppet and give it to someone.

For more games and activities visit pbskidsforparents.org.



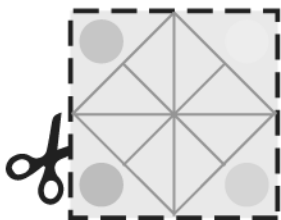


Clifford
The BIG RED DOG

Creativity Challenger

Instructions: Cut out and fold the Creativity Challenger. Choose a number or an object to reveal your next creativity challenge!

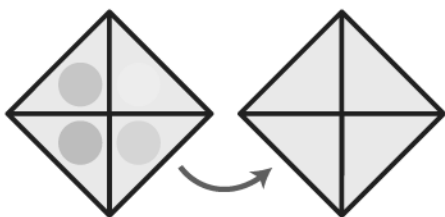
How to Fold Your Creativity Challenger



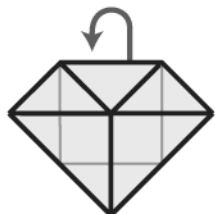
1) **Cut out the Creativity Challenger along the dashed line.**



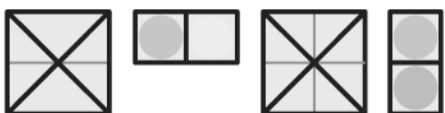
2) **With the plain side facing up, fold each corner towards the center.**



3) **Turn the paper over so that the pictures are facing down.**



4) **Fold each corner to the center.**



5) **Fold the square into a rectangle and unfold it. Repeat.**



6) **Slide your thumb and index fingers into the squares to open your Creativity Challenger!**

1 Consider what friendship means — and what it doesn't mean.

Talk with your child about what it looks and feels like to be a friend, and to have a friend. “Donkey Hodie” models that “a friend is someone who can say the way they feel” and “a friend is someone who listens, too.” Do these concepts ring true for your child?

It's important that your child understands that there is much more to friendship than liking the same things. Good friends should care about each other, like each other, and be able to share their feelings with one another. Of course, it's nice to share your favorite music, toys, and activities with your friends. But no one agrees on what they like all the time, and that's OK.

As Grumpy Hodie says, “Friends can like all different stuff. Can they still be friends? Well sure enough!”

2 Try a perspective shift on disagreements.

“Donkey Hodie” helps kids discover a hidden superpower when disagreements arise — they're opportunities to understand our friends better. We can do this through listening and being curious about someone else's feelings. The key here is active listening — listening to understand the other person instead of trying to prove you're right.

The Early Childhood Development program at Michigan State University Extension suggests helping children form a “both/and” attitude during disagreements. Lots of situations don't have just one right answer or solution. You can encourage your child to approach disagreements from this perspective.

Rather than jumping to “I'm right, so you're wrong!” challenge your child to try saying “I like this toy/character/game, and it seems like you don't. I wonder what you like?” This shift can help disagreements remain respectful, and teaches your child to be curious about a friend's perspective.

Does the conflict need further resolution? Try these five strategies.

3 Explore why differences are important.

“What does a friend have to be? Do they have to be just like me and see the world the way I see?” asks Donkey Hodie. Donkey and Purple Panda learn from Grumpy Hodie that best friends don't have to like the same things.

You can take this concept a step further with your child and explore the ways that differences between friends can actually be great! Like Donkey and Panda, a disagreement with a friend might help your child learn something new about how others see the world. You can discuss with your

child how different people’s perspectives, skills, and ideas make your community and our world stronger.

Creating space for your child to think and talk about the positive sides of having differences from others is a big step toward fostering inclusivity and helping your child learn to honor diversity.

4 Model healthy disagreement.

Our kids are learning how all kinds of relationships work. And they’re taking their cues from the important adults in their lives. One of the best ways we can support healthy friendships for our kids is to show them what healthy disagreement looks like in our own relationships.

Whether it’s struggling to agree with your partner on what to have for dinner, or an argument with your best friend about canceled plans, it isn’t always necessary to hide your own healthy conflict with the people you love. The most impactful lesson for your child will be seeing the way you react to disagreements by managing your feelings, listening to others, and working things out in a respectful way.

5 Start the conversation.

You don’t have to save conversations about conflict for times when your child is already experiencing a disagreement. It’s helpful and healthy to get a jump start on these conversations, so that when your child does have an argument with a friend, they already have the tools they need to manage the disagreement.

Here are some questions you can ask today to get the conversation started:

- What are some of your favorite things about your friends?
- Do you think friends have to like all of the same things?
- When someone you love disagrees with you, what does that feel like for you?
- What do you wish would happen when you and a friend have an argument?
- Is there anything good about disagreements?
- How might you be a good friend to someone even when you disagree?

Lindsey Pruett-Hornbaker, MA, is a writer and consultant with 15 years of experience in human services. Her multi-sector work is focused on support and advocacy for children, families, and historically marginalized communities. Lindsey is mom to a quick and creative preschooler, who is teaching her to slow down, practice curiosity, and embrace the messiness of life.

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<https://www.pbs.org/parents/thrive/ways-to-help-kids-handle-disagreements-with-friends>