

I Am a Super Friend!



I like playing with my friends at school!
But sometimes when I see a toy someone is playing with,
I feel like grabbing it.
When that happens, my friends might feel sad or mad.



I can make a different choice.
I can be a **Super Friend!**

I can be a **Super Friend** when I...



ask to play.



use gentle hands.



take turns.



**calm down with
deep breaths.**

I am a Super Friend when I Ask To Play.



I **ask to play** by using my soft voice to ask, “Can I play with you?”

My friend might say, “Yes” and we can play.

They might say, “No,” and I can find another friend to play with.

I am a Super Friend when I Use Gentle Hands



I use gentle hands by being soft and gentle with my touches.
My friends and I have fun when I play gently with my toys.

I am a Super Friend when I Take Turns



I **take turns** with toys when my friend plays for a little bit of time and I wait.

Then I can ask, “Can I have a turn?”, and my friend gives it to me to play.

I am a Super Friend when I Take Turns



Sometimes when I ask to **take turns**, my friend might say, “Not yet,” and I have to wait to take my turn, but I know I can play soon.

I am a Super Friend when I Calm Down with Deep Breaths



I calm down with deep breaths when I feel mad or sad by taking three deep breaths. I count my deep breaths, one, two, three. Then I feel ready to make a new choice.

I can be a **Super Friend** when I...



Ask to Play



Use Gentle Hands



Take Turns



Calm Down With Deep Breaths

My friends are happy when
I am a Super Friend.



I am proud of myself when
I am a Super Friend!