

Friendship & Kindness Worksheet

A simple guide to help kids practice kindness, inclusion, and being a good friend.



Name: _____

Week of: _____

1

MY FRIENDSHIP GOAL

This week, I want to be a kind friend by:

Using kind words

Sharing and taking turns

Including others

Encouraging others

Listening when others speak

Other: _____

Helping someone

2

KINDNESS MEANS I CAN...

1	Use kind words	I can speak kindly and make others feel respected.
2	Include others	I can invite others to play, talk, or join in.
3	Listen and care	I can pay attention when someone is talking or feeling sad.
4	Help others	I can notice when someone needs help and do something kind.
5	Be a strong friend	I can treat others the way I want to be treated.

3

MY FRIENDSHIP PLAN – I CAN DO THIS!

Practice kind choices in each situation!

Situation	Kind Choice	I Can Say / Do
Someone is sitting alone	Include them	Do you want to join us?
A friend feels sad	Show care	Are you okay?
I want a turn	Use respectful words	Can I have a turn next?
Someone makes a mistake	Encourage them	It's okay, try again.
I see someone left out	Show community	Come play with us.

4

WAYS I SHOWED KINDNESS

1. _____
2. _____
3. _____

5

PARENT TIP

- Praise specific kind actions.
- Help kids notice others' feelings.
- Encourage inclusion and caring words.
- Model kindness at home.

"That was kind."

"You helped someone feel included."

"That was good friendship."

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 Live a Life You Are Proud Of!