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Kids Learning › Emotional Intelligence › Friendship Skills

What is Friendship Skills

Mastering Friendship Skills for Stronger Connections!

DEFINITION

> Friendship skills are the abilities we use to make and keep friends. They help us communicate, share, and support each other.

KEY CONCEPTS

Communication

Being able to express thoughts and feelings clearly helps build friendships.

Empathy

Understanding and sharing the feelings of others strengthens bonds between friends.

Trust

Building trust means being reliable and honest, which is essential for lasting friendships.

Conflict Resolution

Knowing how to solve disagreements peacefully keeps friendships strong and healthy.

Support

Being there for friends in good and bad times shows you care and value the friendship.

EXAMPLES

→ Inviting a classmate to play during recess.

→ Listening when a friend shares their problems.

→ Apologizing after a misunderstanding.

MEMORY TIPS

★ Use the acronym C.E.T.S. (Communication, Empathy, Trust, Support) to remember key skills.

★ Think of friendship as a garden that needs watering (support) and sunlight (communication).

★ Visualize a handshake to remember trust and agreement in friendships.

COMMON MISTAKES

✗ Not listening when friends talk.

✗ Being too competitive instead of supportive.

✗ Ignoring a friend's feelings during conflicts.

QUICK RECAP

Friendship skills are vital for making and maintaining friendships. Key skills include communication, empathy, trust, conflict resolution, and support. Practicing these skills helps create strong, lasting connections.