

BUILDING BLOCKS
FOR A HEALTHY FUTURE



MY FRIENDS

How do
you make up
with a friend?



MEE

TALK ABOUT IT:

What have you fought about with a friend? How do you let your friend know you are angry? What can you say to let a friend know that you want to make up?

TRY THIS:

Find an old shoebox. Decorate the box. Cut a hole in the top of the box. On pieces of paper write things you can say or do to make up with a friend and slip them into the box. Pull an idea out of your box the next time you fight with a friend.

