



BAD DAY

Name:

Date:

Sometimes our friends have a bad day and need to talk about it. When we are good listeners and offer support, we can build strong friendships. Our friends know they can count on us to make them feel better. For these reasons, it is important we think about what we say, how we say it, and what we do.

Adam is telling Ryan about his day. Did Ryan read Adam's facial expression and respond correctly?

What should Ryan have done/said instead?

If your friend was telling you about their bad day, what are three things you could do or say to let them know you are there to support them.

(Keep in mind – you must have a big heart and social mind).

- 1.
- 2.
- 3.