

Name: _____

Date: _____

Am I Being a Good Friend?

Read the list below and check the sentence if it describes how you act as a friend!

- ☐ I try to be there for my friends whenever they need me
- ☐ I listen when my friends share their feelings
- ☐ I tell my friends the truth, even when it's hard
- ☐ I avoid saying or doing things that might hurt my friends
- ☐ If I hurt my friends' feelings, I apologize
- ☐ I try to cheer up my friends when they feel sad or worried
- ☐ I care about the things my friends are interested in
- ☐ I keep my friends' trust and don't share their secrets
- ☐ I encourage my friends to make good choices
- ☐ I respect my friends' opinions, even if they are different from mine
- ☐ I share and take turns with my friends
- ☐ I give my friends compliments to make them feel good
- ☐ I stand up for my friends if someone is mean to them
- ☐ I speak kindly to my friends, even when I'm upset
- ☐ I forgive my friends when they make mistakes
- ☐ I make time for my friends but also give them space
- ☐ I pay attention when my friends talk about things important to them
- ☐ I try to make my friends laugh and feel happy
- ☐ I say nice things about my friends when they're not around
- ☐ I check in on my friends to see how they're doing

If you checked most of these, you are being a caring and supportive friend.

If not, think about what you can do to grow as a better friend!