

Name: _____

Date: _____

Am I a Good Friend?

Read the list below and check the sentence if it describes you!

- _____ I listen when my friends want to talk.
 - _____ I try to understand how my friends feel.
 - _____ I keep my friend's secrets when they trust me.
 - _____ I help my friends when they need support.
 - _____ I say sorry when I make a mistake with my friends.
 - _____ I include my friends when we play or work together.
 - _____ I respect my friends even when we disagree.
 - _____ I tell the truth to my friends.
 - _____ I try to solve problems with my friends calmly.
 - _____ I celebrate my friends' successes.
 - _____ I say kind words to my friends.
 - _____ I encourage my friends when they feel nervous or scared.
 - _____ I am patient when my friends make mistakes.
 - _____ I thank my friends when they help me.
 - _____ I try to be fair when sharing or taking turns.
 - _____ I ask my friends how they are feeling.
 - _____ I try to make my friends feel included and valued.
 - _____ I stand up for my friends if someone is being unkind.
 - _____ I try to be a friend that others can trust.
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If you checked many of these statements, you are likely being a good friend!
The ones you didn't check can help you think about ways to grow as a friend.