

FRIENDSHIP WORKBOOK


A mix of fun, calm, and imagination — to help little minds learn self regulation 🌈



5 Ways to **MAKE FRIENDS**

Write down 5 ways of how you can make friendships with others.

1



2



3



4



5

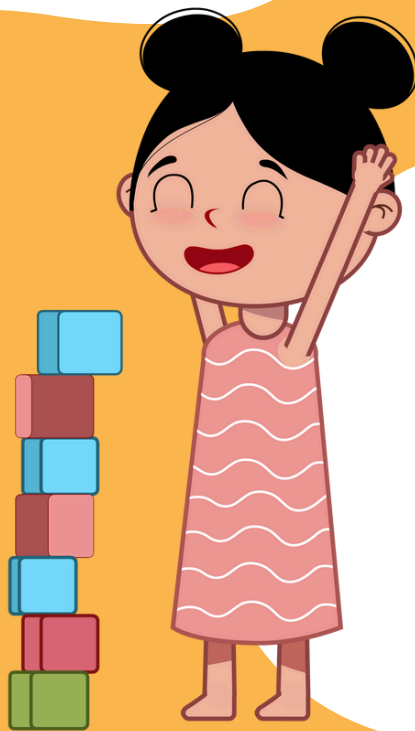


**DRAW A MEMORY
FOR EACH EMOTION!**

HAPPY



BRAVE

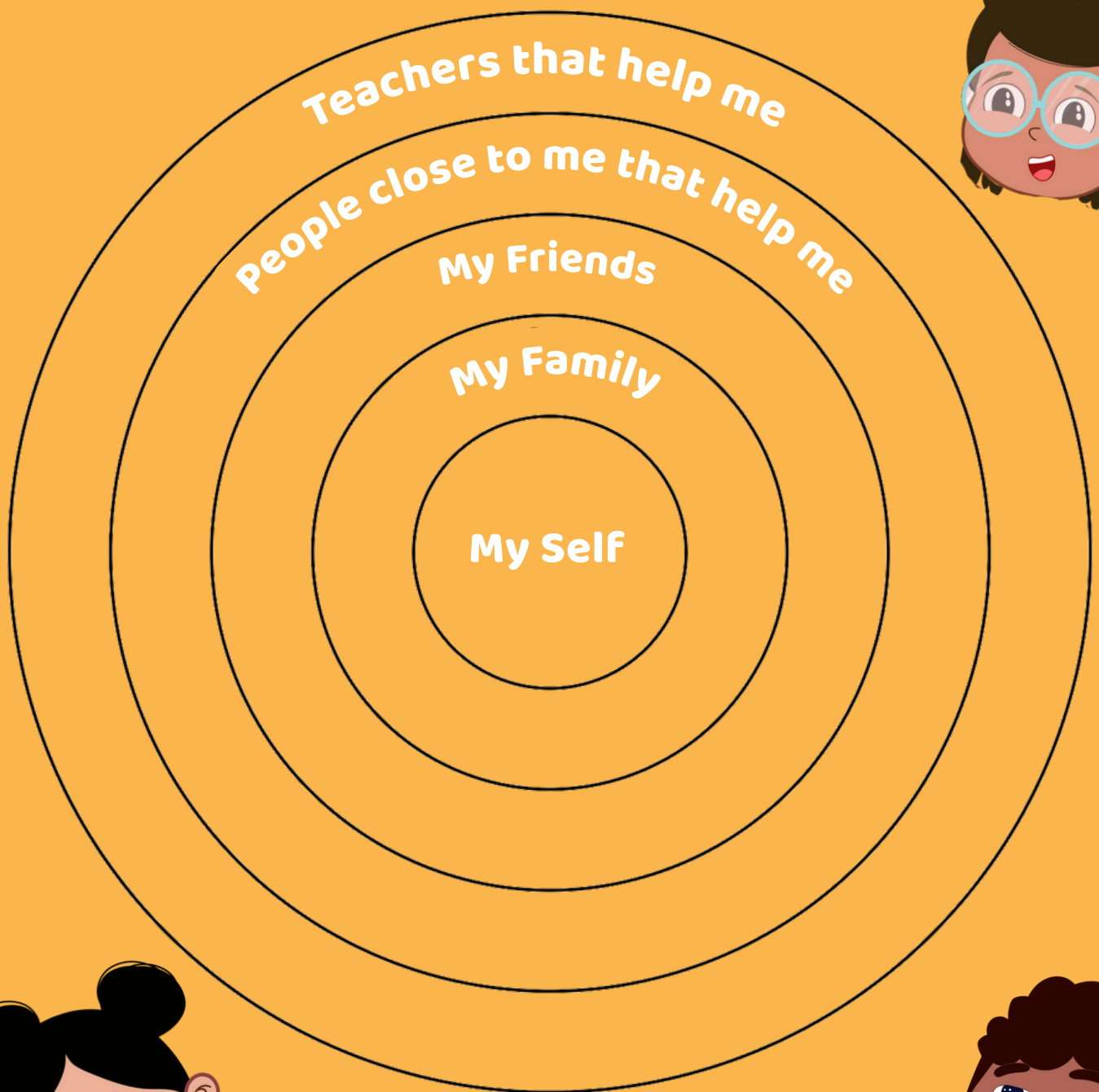


PROUD



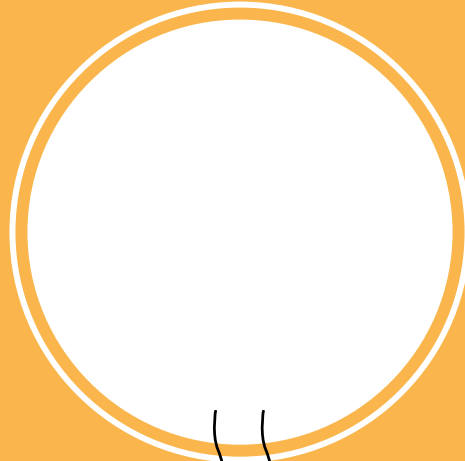
MY RELATIONSHIP CIRCLE

My relationship circle helps me identify the people in my life who can help me.



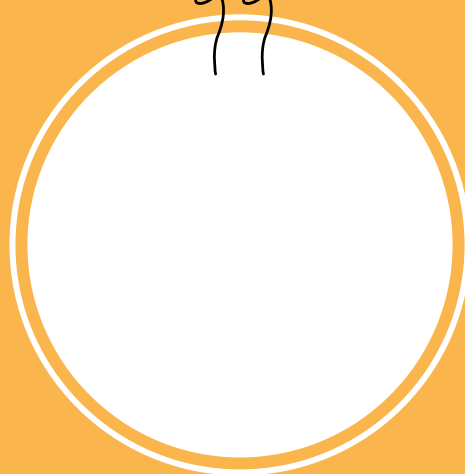
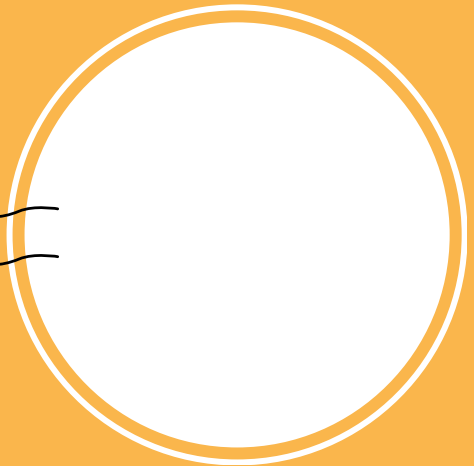
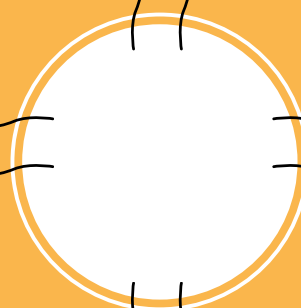
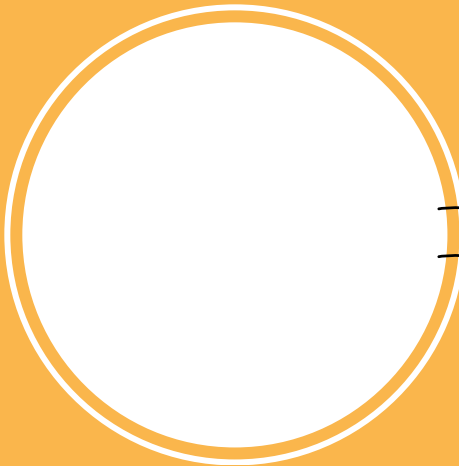
My Support Map

Family who supports me



Friends who support me

People at school who support me



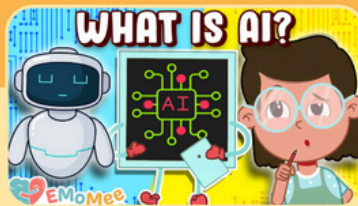
People in my community who supports me

Place your name in the centre. Think about people in your life that can support you and list them in their respective circles. Remember that no one can make it alone, we're all wired for connection. It is a strength to reach out and ask for help.



About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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