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HEARTANDMINDTEACHING@GMAIL.COM



Hello!
I'm Ashley!



A School Counselor,
curriculum developer, blogger,
and mama to two young
boys. I have a passion for
creating fun and engaging
resources for Counseling
and Social Emotional
Learning.



LET'S CONNECT:





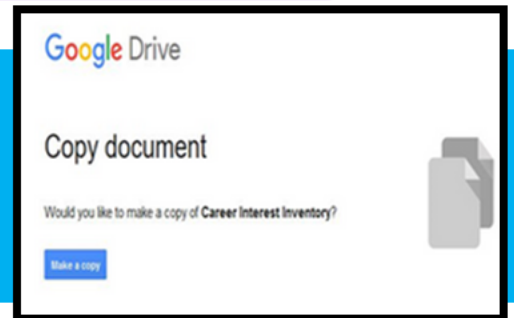
Google Slides

YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy: [Friendship Mission](#)

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Friendship Mission Control: Communication Skills

Session Objective:

Identify the difference between good and bad communication with friends.

Materials:

*Task cards (cut out).

*Handouts, pencils.

I can statements:

I can tell the difference between good and bad communication with friends.

I can use calm, kind, and clear words when talking with friends.

Guiding Questions:

*What are communication errors that can be made in friendships?

*Why are communication skills helpful to growing friendships?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Social Skills: Effective oral and written communication skills and listening skills (B-SS 1)

*Behavior: Social Skills: Positive, respectful and supportive relationships with students who are similar to and different from them. (B-SS 2)

SEL Competencies:

*Social-awareness: Perspective-taking, respect for others.

*Relationship building: Relationship building, communication, social engagement.

*Responsible Decision-Making: Solving problems, evaluating, reflecting.

Session Details (about 30 minutes)

*Say: "Attention Space Crew! We've received a broken message from Friendship Command. They need our help to fix their communication signals! To complete the mission, we'll learn how to send and receive friendship messages clearly — just like real astronauts do in space!"

Review pages 4-6 about communication errors.

**Walkie-Talkie Error Activity:* You can read the scenarios to students (page 7 and have them respond pressing the button on their walkie-talkie, using their Mission code to know which button to press) or you can give them pages 9-11 to have them complete the scenarios themselves. Say: "Astronauts, your walkie-talkies are picking up static from Friendship Command! Something's wrong with the communication signals. Your job is to identify the bad signal and press the button that can fix it!" Explain that every "bad communication" creates static in friendships, but they fix it by pressing the right button. "Astronauts, when you press the right buttons, your friendship signal becomes clear and strong! Listen well, use kind voices, speak honestly, and keep your friendship in orbit!" "Even astronauts lose connection sometimes, but they fix their signal. Good friends do the same, they listen, speak kindly, and keep the friendship line clear."

**Planet activity:* "Each planet represents a communication skill that helps keep friendships in orbit!" Review page 13, place page 12 in the center of the table. Read the scenario task cards and have students decide which "planet" to visit based on what is happening in the scenario. After, have them complete the reflection pages 17-18.

*Use the posters to display around the classroom/office. The posters are also great to use as coloring sheets (printed in black and white).

Top 10 Communication Skills



1. Active Listening: Look at your friend, stay quiet while they talk, and really pay attention to what they're saying.



2. Taking Turns Talking: Wait for your friend to finish before you speak – everyone gets a turn to share.



3. Using Kind Words: Speak politely and kindly, even when you disagree.



4. Using "I Feel" Statements: Say how you feel without blaming others (example: "I feel left out when you don't include me").



5. Staying Calm: Take a deep breath before you respond so you don't yell or say something hurtful.



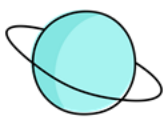
6. Asking and Clarifying: If you don't understand, ask questions like, "Can you explain that again?" or "What do you mean?"



7. Using Positive Body Language: Show you're listening with eye contact, nodding, and facing your friend.



8. Showing Empathy: Try to understand how your friend feels and show that you care.

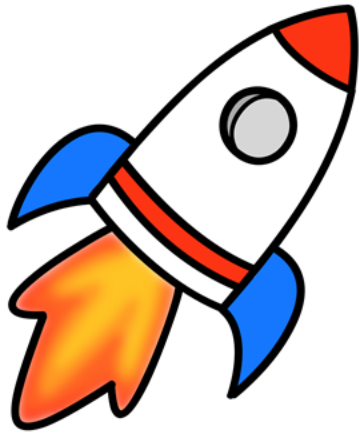


9. Being Honest and Clear: Tell the truth kindly and explain things in a way your friend can understand



10. Giving Feedback Respectfully: If your friend did something that bothered you, tell them calmly and kindly.

Communication Skills



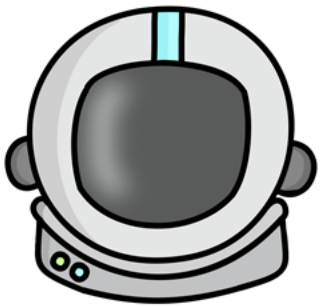
- *Active listening

- *Taking turns talking

- *Using kind words

- *Using "I feel" statements

- *Staying calm



- *Asking and clarifying

- *Using positive body language

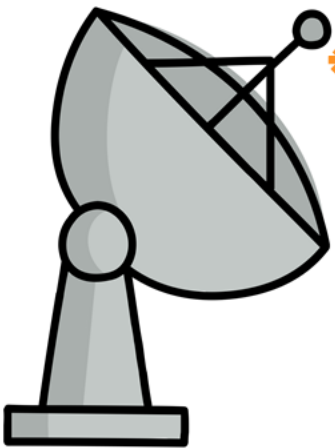


- *Showing empathy

- *Being honest and clear

- *Giving feedback

- respectfully



Communication Errors



You're **interrupting** or not really listening – your friend's message gets lost in the noise.



You're **talking too loudly** or using a **mean tone** – your friend feels yelled at or disrespected.



You're **ignoring** your friend or not responding – it feels like you turned your walkie-talkie off.



You're **keeping your feelings inside** or **blaming others** – your friend doesn't know how you really feel.



You're being **confusing or unclear** – your message doesn't make sense or is hard to follow.

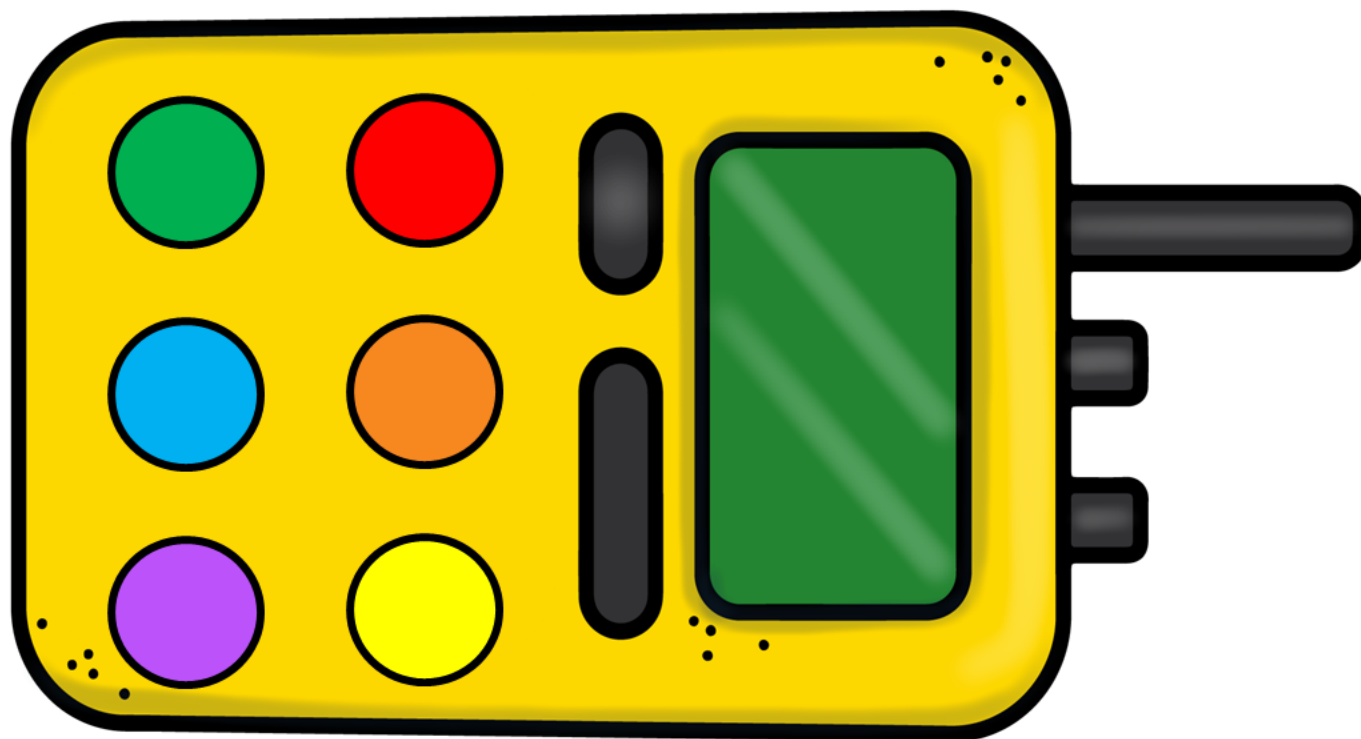


You're using **hurtful or teasing** words – your friend feels sad, embarrassed, or left out.

Friendship Communication Errors: Scenarios



1. You interrupt your friend's story because you're too excited to talk.
2. You roll your eyes when your friend answers a question.
3. You talk loudly and cut off your friend mid-sentence.
4. You tease your friend in front of others.
5. You shrug and say "Whatever" when your friend wants to talk.
6. You don't explain why you're upset.
7. You whisper to someone while your friend is talking.
8. You ignore your friend's text.
9. You blame your friend when something goes wrong.
10. You don't say "thank you" when your friend helps you.
11. You use sarcasm that hurts feelings.
12. You change the subject when your friend shares a problem.
13. You don't make eye contact when your friend is speaking.
14. You mumble or talk too fast to understand.
15. You sigh loudly when your friend asks a question.



Friendship Mission Code

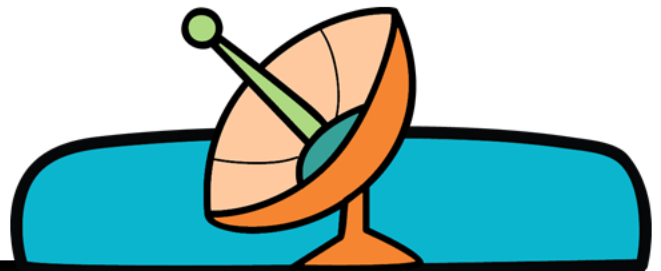
Button

Meaning






Positive Fix

| | | |
|-------------------|------------------------------|--------------------------------|
| ● Static Button | Talking over others | Listen first, then respond |
| ● Volume Button | Yelling or rude tone | Use a calm, respectful voice |
| ● Mute Button | Not answering or ignoring | Acknowledge and respond kindly |
| ● Message Button | Not saying how you feel | Use "I feel" statements |
| ● Signal Button | Confusing or unclear message | Explain your thoughts clearly |
| ● Kindness Button | Hurtful words or teasing | Choose kind, friendly words |

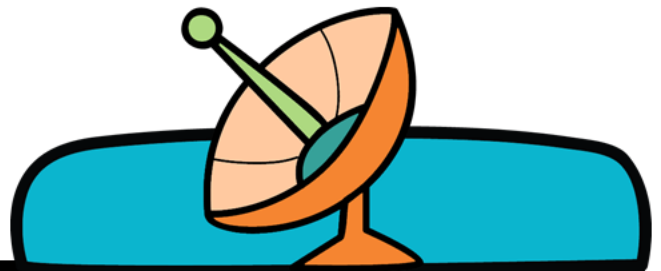
Friendship Communication Errors























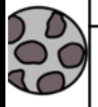











Read the scenario and decide which communication error was made (button to press) and how to fix it.

| Bad Communication | Button to Press | Friendship Fix |
|--|-----------------|----------------|
|  <p>1. You walk away when your friend is talking.</p> | | |
|  <p>2. You roll your eyes when your friend answers a question.</p> | | |
|  <p>3. You talk loudly and cut off your friend mid-sentence.</p> | | |
|  <p>4. You tease your friend in front of others.</p> | | |
|  <p>5. You shrug and say "Whatever" when your friend wants to talk.</p> | | |

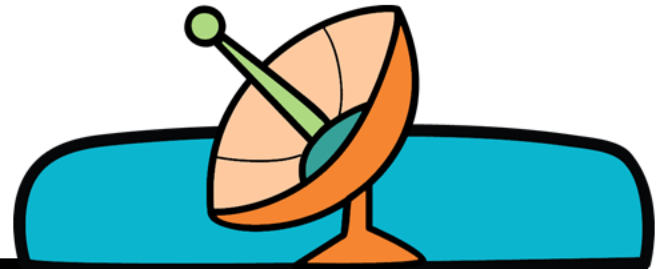
Friendship Communication Errors








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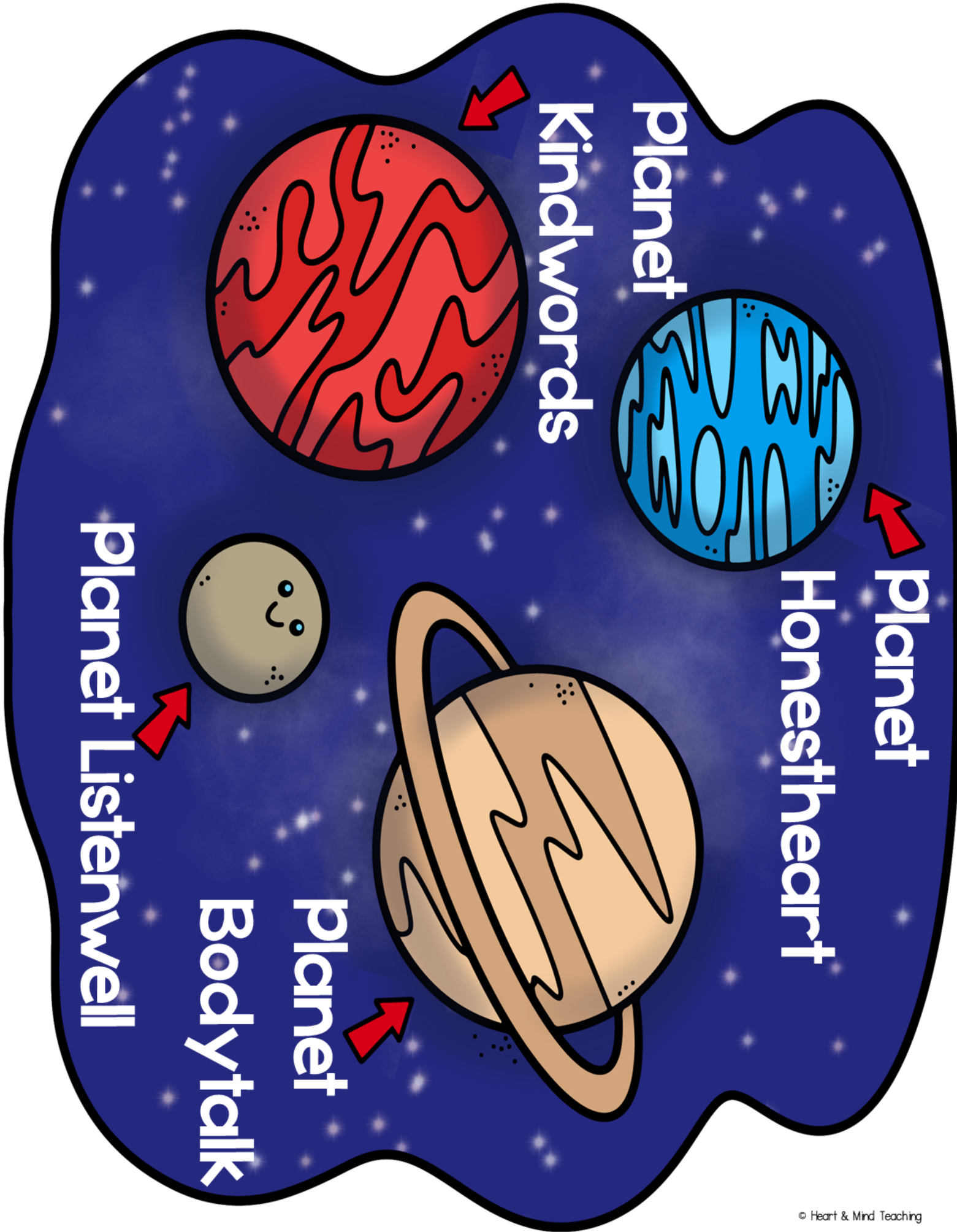
|  | Bad Communication | Button to Press | Friendship Fix  |
|--|--|-----------------|---|
|    | <p>6. You don't explain why you're upset.</p> | |    |
|    | <p>7. You whisper to someone while your friend is talking.</p> | |    |
|    | <p>8. You ignore your friend's text.</p> | |    |
|    | <p>9. You blame your friend when something goes wrong.</p> | |    |
|    | <p>10. You don't say "thank you" when your friend helps you.</p> | |    |

Friendship Communication Errors



Read the scenario and decide which communication error was made (button to press) and how to fix it.

| Bad Communication | Button to Press | Friendship Fix |
|--|-----------------|----------------|
|  <p>11. You use sarcasm that hurts feelings.</p> | | |
|  <p>12. You change the subject when your friend shares a problem.</p> | | |
|  <p>13. You don't make eye contact when your friend is speaking.</p> | | |
|  <p>14. You mumble or talk too fast to understand.</p> | | |
|  <p>15. You sigh loudly when your friend asks a question.</p> | | |



planet

Kindwords

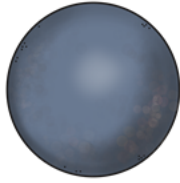
planet

Honestheart

planet

Bodytalk

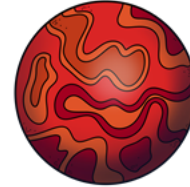
planet Listenwell



Planet Listenwell

Mission Skill: Focus on listening carefully

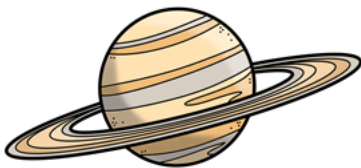
- Stop and look at your friend when they talk.
- Don't interrupt—wait for your turn.
- Show you're listening by nodding or saying, "I get it."



Planet Kindwords

Mission Skill: Focus on using kind, respectful words

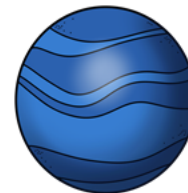
- Use respectful words and a calm tone.
- Say thank you, please, and kind compliments.
- Think before you speak—words can build or break friendships!



Planet Bodytalk

Mission Skill: Focus on nonverbal communication (facial expressions, tone, body language)

- Face your friend and use kind facial expressions.
- Keep your body calm and your eyes on the speaker.
- Smile, wave, or give a thumbs-up to show you care.



Planet Honestheart

Mission Skill: Focus on expressing feelings truthfully

- Be honest, but gentle with your words.
- Use "I feel..." statements to share your emotions.
- Keep promises and tell the truth, even when it's hard.

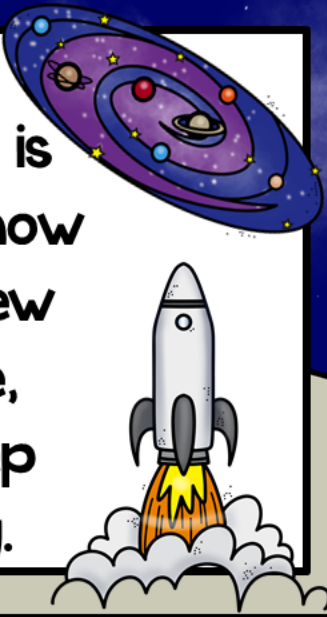
Your friend says something that hurts your feelings.



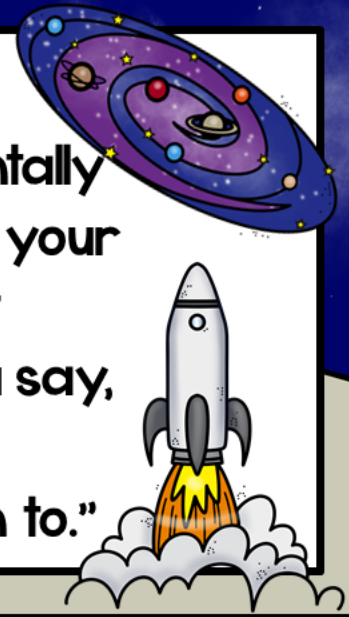
Your friend is sad and sitting alone, but you can tell by their face they want someone to talk to.



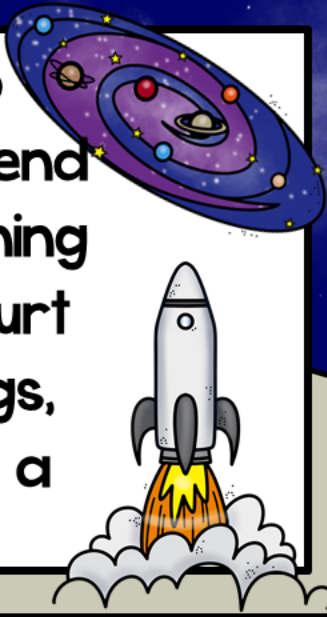
Your friend is explaining how to play a new video game, but you keep interrupting.



You accidentally knock over your friend's art project. You say, "I'm sorry. I didn't mean to."



You want to tell your friend that something they said hurt your feelings, but you use a calm voice.



Your friend shares good news about making the soccer team. You smile and say, "That's awesome!"



Your classmate is telling a funny story, but you're looking at your tablet instead of listening.



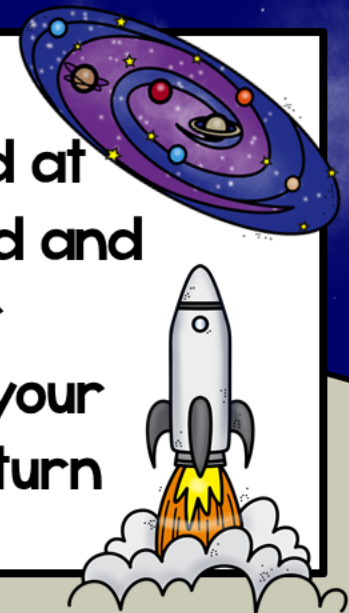
Your friend asks you to keep a secret, but you tell someone else anyway.



Your friend gives you a gift, and you smile and say, "Thank you so much!"



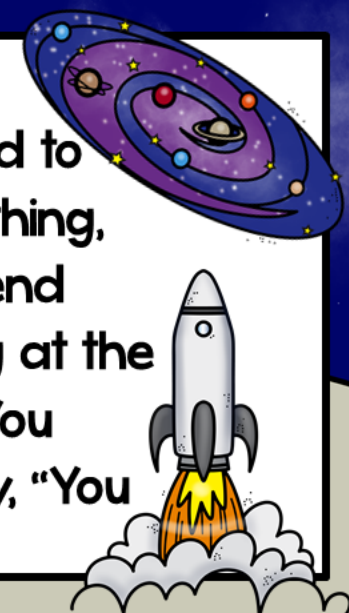
You're mad at your friend and cross your arms, roll your eyes, and turn away.



Your friend is trying to tell you how they feel, and you look at them and nod while they talk.



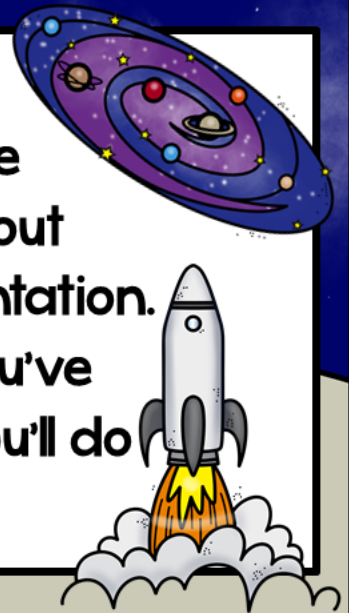
You're excited to share something, but your friend starts talking at the same time. You stop and say, "You go first."



You didn't like a joke your friend made, and you calmly say, "That hurt my feelings."



Your friend says they're nervous about their presentation. You say, "You've got this - you'll do great!"



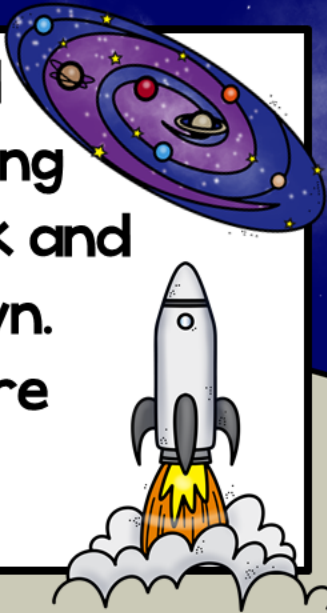
You're upset with your friend, but instead of yelling, you take a deep breath before you speak.



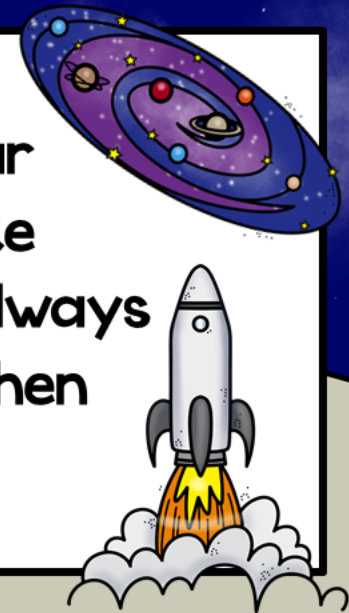
You tell your friend the truth even though it's hard, because you respect them.



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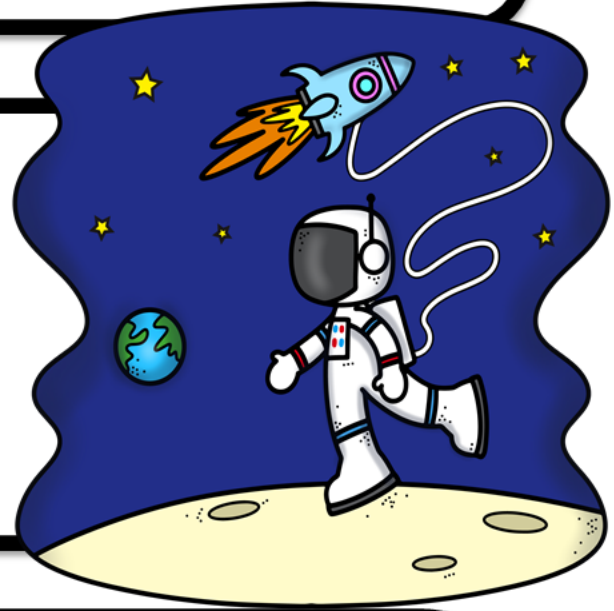


Friendship Mission Report

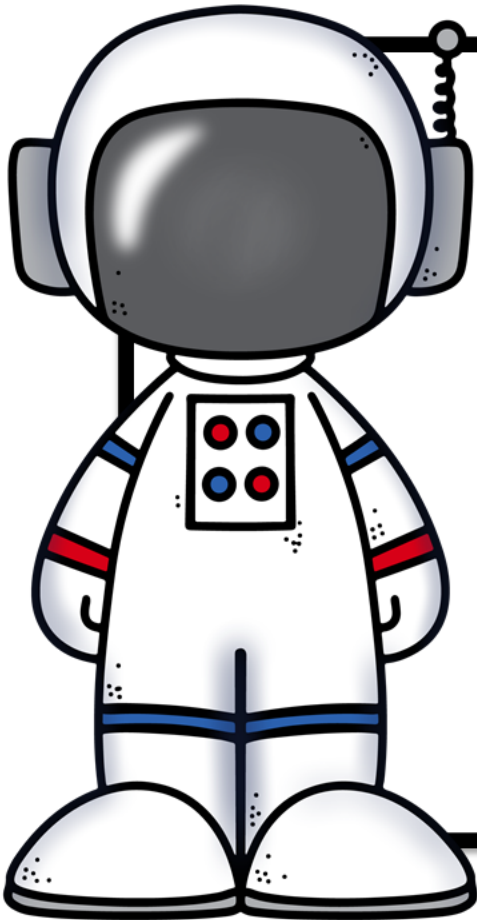


Which friendship mission code button did you press the most?

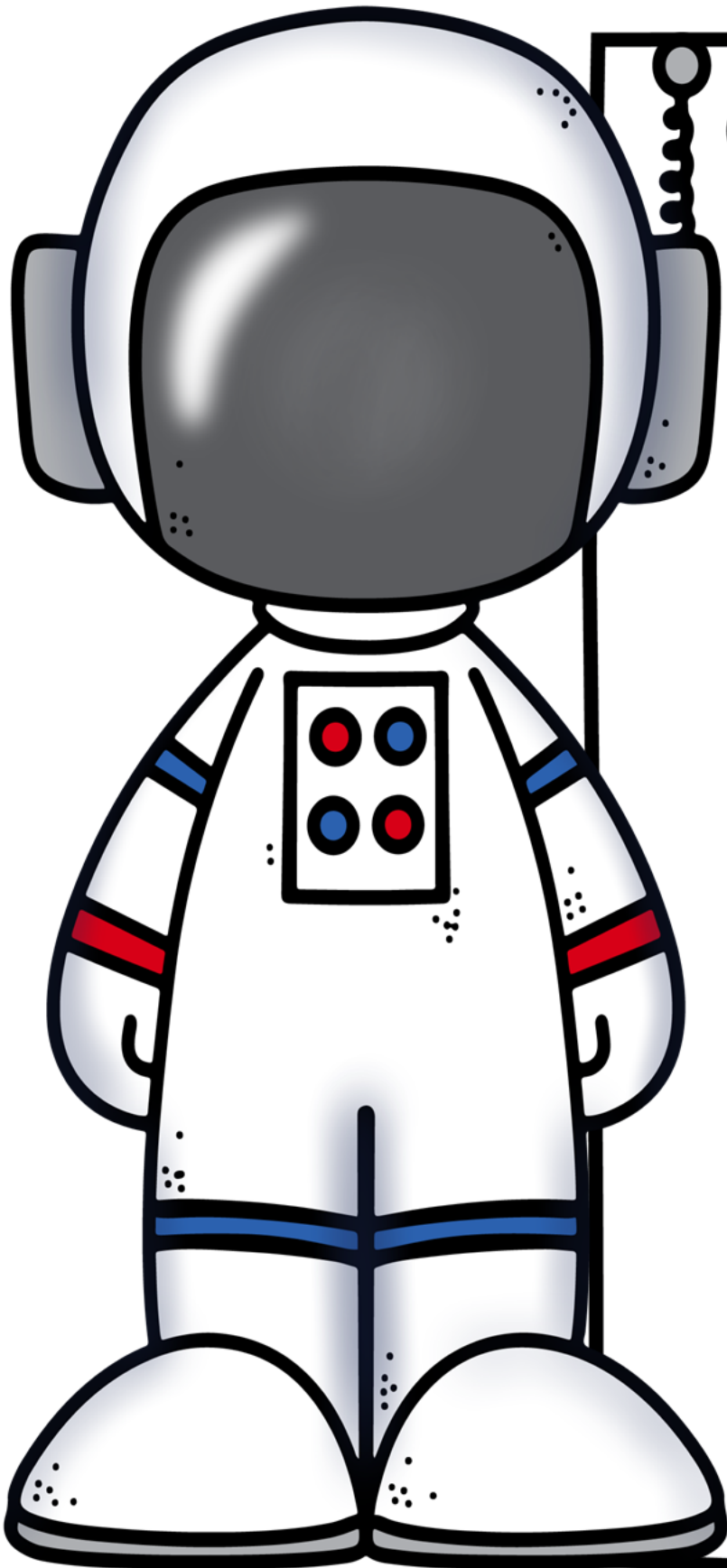
Which planet did you visit the most?



Why is it important to fix communication errors in our friendships?



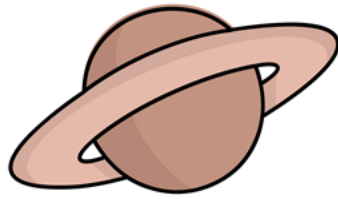
Friendship Mission Report



What's one communication goal you'll work on during your next "mission" (school week)? Explain how you will do this.



**POSTERS/
COLORING
SHEETS**
**(print in black &
white)**



Keep your

friendship signal

strong -

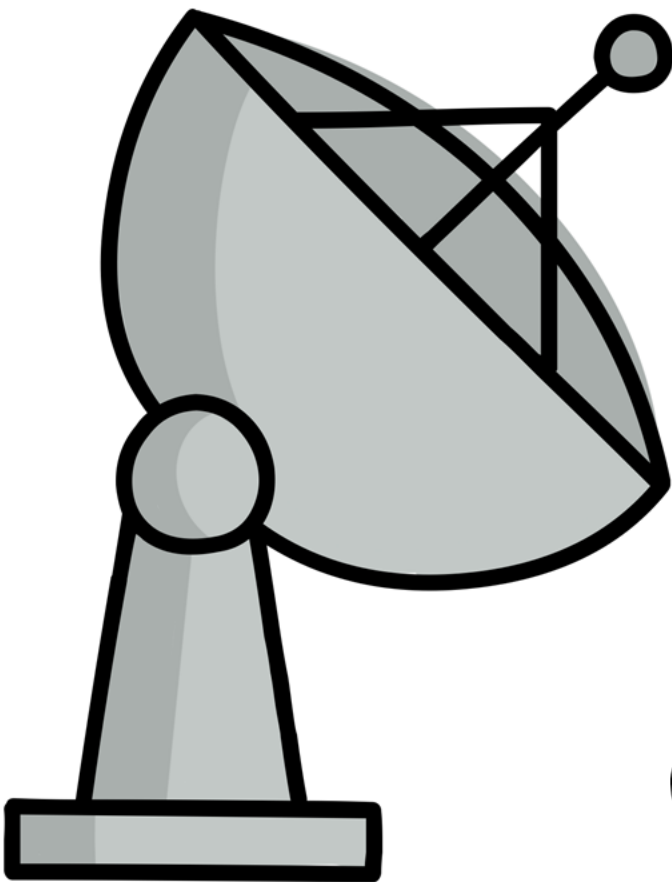
listen,

speak

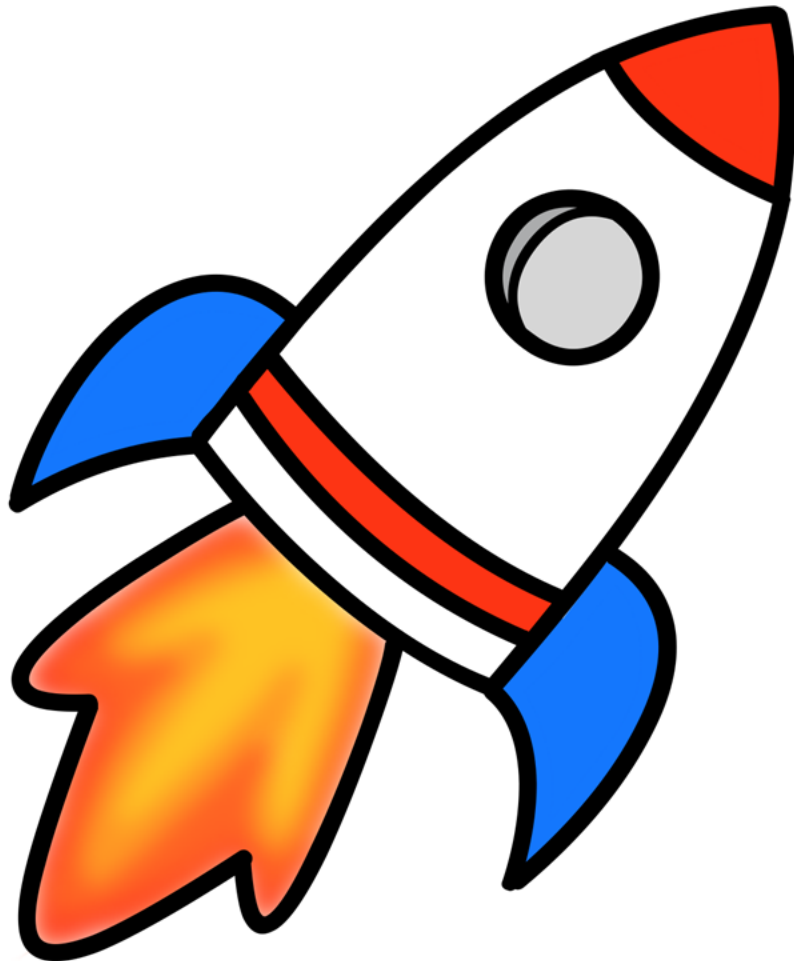
kindly,

and stay

connected.

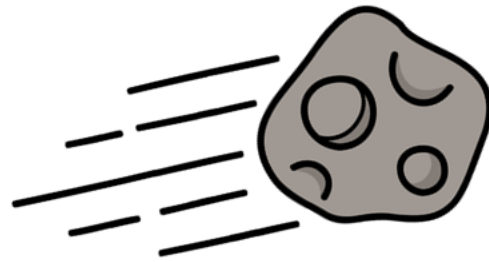
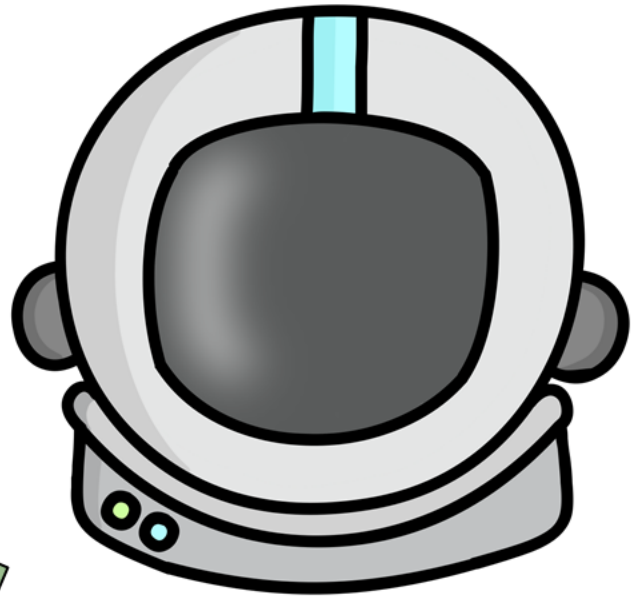


Our
friendship
rocket runs
on



kindness
and
respect.

Friends
are your
flight crew



through
life's
adventures.

Kindness is the
brightest star in
any galaxy.



ANSWER SHEET

Friendship Communication Errors (Answers)

| Bad Comm | Button to Press | Friendship Fix |
|---|---|--|
| 1. You walk away when your friend is talking. | Mute Button | Stop and listen. Face your friend and show you care about what they're saying. |
| 2. You roll your eyes when your friend answers a question. | Bodytalk Signal (or use Kindness Button if using 6-button template) | Keep respectful body language - nod or smile instead. |
| 3. You talk loudly and cut off your friend mid-sentence. | Static Button | Wait for your turn and let your friend finish before you respond. |
| 4. You tease your friend in front of others. | Kindness Button | Use kind, encouraging words even when joking. Never embarrass your friend. |
| 5. You shrug and say "Whatever" when your friend wants to talk. | Message Button | Use honest words to express how you feel respectfully: "I'm upset right now - can we talk later?" |

Friendship Communication Errors (Answers)

| Bad Comm | Button to Press | Friendship Fix |
|---|-----------------|---|
| 6. You don't explain why you're upset. | Message Button | Focus on one person at a time - give your friend your full attention. |
| 7. You whisper to someone while your friend is talking. | Static Button | Focus on one person at a time - give your friend your full attention. |
| 8. You ignore your friend's text. | Mute Button | Respond kindly, even if short: "Hey, I saw your message. I'll reply soon." |
| 9. You blame your friend when something goes wrong. | Message Button | Take responsibility and speak respectfully: "I think we both got confused. Let's figure it out together." |
| 10. You don't say "thank you" when your friend helps you. | Kindness Button | Show appreciation: "Thanks for helping me. That meant a lot." |

Friendship Communication Errors (Answers)

| Bad Comm | Button to Press | Friendship Fix |
|---|-------------------|---|
| 11. You use sarcasm that hurts feelings. | Kindness Button | Choose sincerity: say what you mean kindly, without teasing tones. |
| 12. You change the subject when your friend shares a problem. | Listenwell Button | Stay present and listen: "That sounds tough. Tell me more about what happened." |
| 13. You don't make eye contact when your friend is speaking. | Bodytalk Button | Look at your friend and nod to show you're paying attention. |
| 14. You mumble or talk too fast to understand. | Signal Button | Slow down, speak clearly, and make sure your friend understands. |
| 15. You sigh loudly when your friend asks a question. | Kindness Button | Use a calm tone and patient attitude: "Sure, I can explain that again." |

Task Card Answers

Your friend says something that hurts your feelings.

Planet Honestheart

Your friend is sad and sitting alone, but you can tell by their face they want someone to talk to.

Planet Bodytalk

Your friend is explaining how to play a new video game, but you keep interrupting.

Planet Listenwell

You accidentally knock over your friend's art project. You say, "I'm sorry. I didn't mean to."

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You want to tell your friend that something they said hurt your feelings, but you use a calm voice.

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Your friend shares good news about making the soccer team. You smile and say, "That's awesome!"

Planet Kindwords

Your classmate is telling a funny story, but you're looking at your tablet instead of listening.

Planet Listenwell

Your friend asks you to keep a secret, but you tell someone else anyway.

Planet Honestheart (discuss trust and truth-telling)

Your friend gives you a gift, and you smile and say, "Thank you so much!"

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Task Card Answers

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Planet Bodytalk

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Planet Kindwords

**BLACK &
WHITE
VERSION**

Friendship Mission Control: Communication Skills

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Identify the difference between good and bad communication with friends.

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- *Handouts, pencils.

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- *Why are communication skills helpful to growing friendships?

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- *Relationship building: Relationship building, communication, social engagement.
- *Responsible Decision-Making: Solving problems, evaluating, reflecting.

Session Details (about 30 minutes)

*Say: "Attention Space Crew! We've received a broken message from Friendship Command. They need our help to fix their communication signals! To complete the mission, we'll learn how to send and receive friendship messages clearly — just like real astronauts do in space!" Review pages 4-6 about communication errors.

**Walkie-Talkie Error Activity:* You can read the scenarios to students (page 7 and have them respond pressing the button on their walkie-talkie, using their Mission code to know which button to press) or you can give them pages 9-11 to have them complete the scenarios themselves. Say: "Astronauts, your walkie-talkies are picking up static from Friendship Command! Something's wrong with the communication signals. Your job is to identify the bad signal and press the button that can fix it!" Explain that every "bad communication" creates static in friendships, but they fix it by pressing the right button. "Astronauts, when you press the right buttons, your friendship signal becomes clear and strong! Listen well, use kind voices, speak honestly, and keep your friendship in orbit!" "Even astronauts lose connection sometimes, but they fix their signal. Good friends do the same, they listen, speak kindly, and keep the friendship line clear."

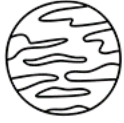
**Planet activity:* "Each planet represents a communication skill that helps keep friendships in orbit!" Review page 13, place page 12 in the center of the table. Read the scenario task cards and have students decide which "planet" to visit based on what is happening in the scenario. After, have them complete the reflection pages 17-18.

*Use the posters to display around the classroom/office. The posters are also great to use as coloring sheets (printed in black and white).

Top 10 Communication Skills



1. Active Listening: Look at your friend, stay quiet while they talk, and really pay attention to what they're saying.



2. Taking Turns Talking: Wait for your friend to finish before you speak – everyone gets a turn to share.



3. Using Kind Words: Speak politely and kindly, even when you disagree.



4. Using "I Feel" Statements: Say how you feel without blaming others (example: "I feel left out when you don't include me").



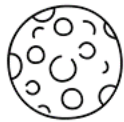
5. Staying Calm: Take a deep breath before you respond so you don't yell or say something hurtful.



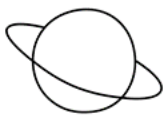
6. Asking and Clarifying: If you don't understand, ask questions like, "Can you explain that again?" or "What do you mean?"



7. Using Positive Body Language: Show you're listening with eye contact, nodding, and facing your friend.



8. Showing Empathy: Try to understand how your friend feels and show that you care.

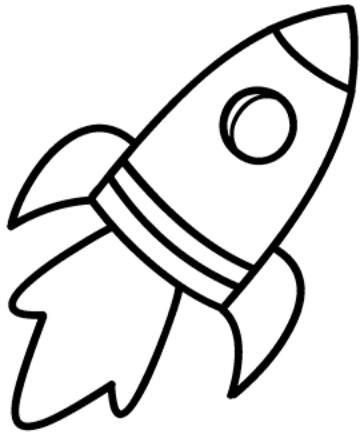


9. Being Honest and Clear: Tell the truth kindly and explain things in a way your friend can understand

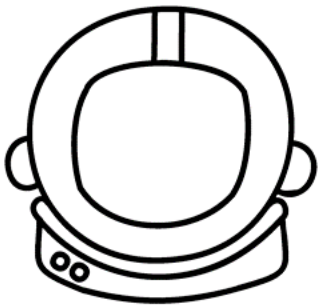


10. Giving Feedback Respectfully: If your friend did something that bothered you, tell them calmly and kindly.

Communication Skills



- *Active listening
- *Taking turns talking
- *Using kind words
- *Using "I feel" statements

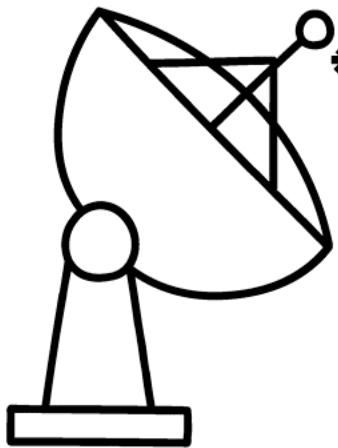


- *Staying calm
- *Asking and clarifying



- *Using positive body language

- *Showing empathy



- *Being honest and clear

- *Giving feedback respectfully

Communication Errors



You're interrupting or not really listening – your friend's message gets lost in the noise.



You're talking too loudly or using a mean tone – your friend feels yelled at or disrespected.



You're ignoring your friend or not responding – it feels like you turned your walkie-talkie off.



You're keeping your feelings inside or blaming others – your friend doesn't know how you really feel.



You're being confusing or unclear – your message doesn't make sense or is hard to follow.

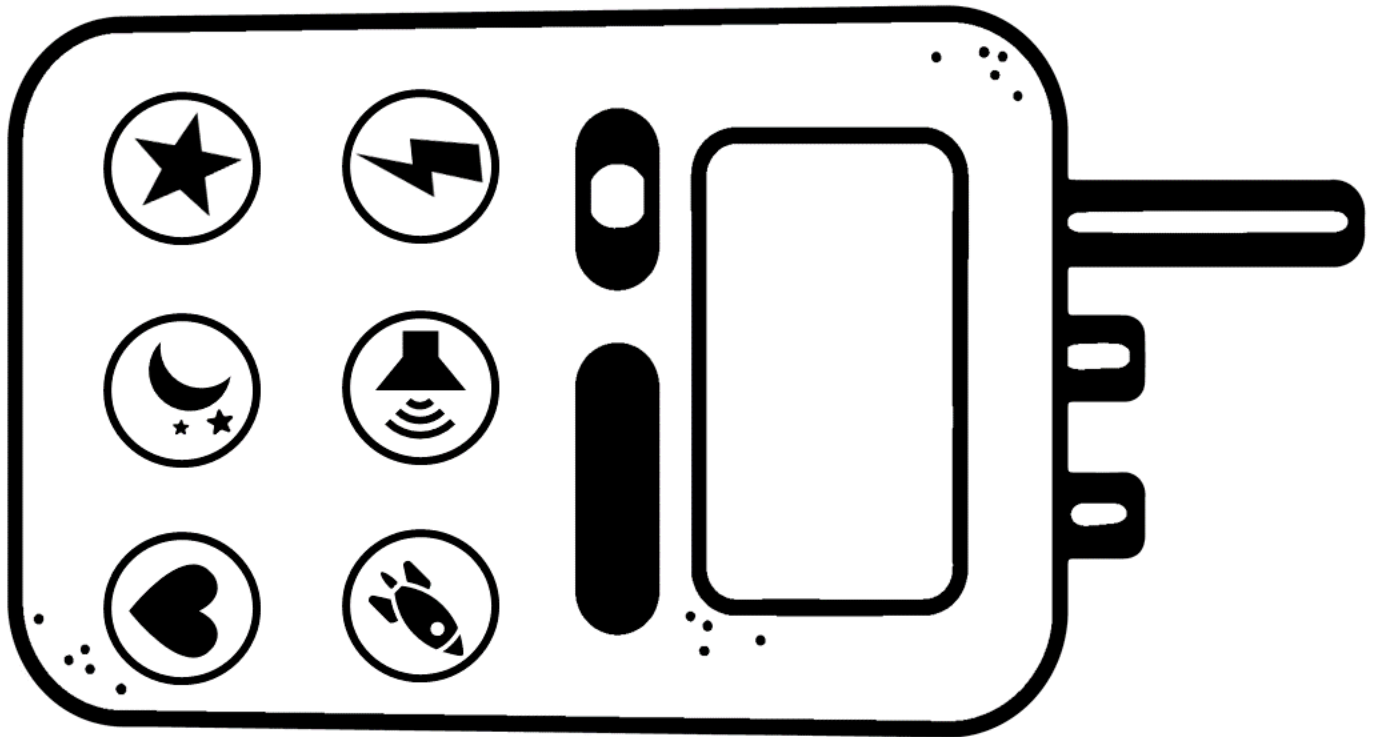


You're using hurtful or teasing words – your friend feels sad, embarrassed, or left out.







Friendship Communication Errors: Scenarios



1. You interrupt your friend's story because you're too excited to talk.
2. You roll your eyes when your friend answers a question.
3. You talk loudly and cut off your friend mid-sentence.
4. You tease your friend in front of others.
5. You shrug and say "Whatever" when your friend wants to talk.
6. You don't explain why you're upset.
7. You whisper to someone while your friend is talking.
8. You ignore your friend's text.
9. You blame your friend when something goes wrong.
10. You don't say "thank you" when your friend helps you.
11. You use sarcasm that hurts feelings.
12. You change the subject when your friend shares a problem.
13. You don't make eye contact when your friend is speaking.
14. You mumble or talk too fast to understand.
15. You sigh loudly when your friend asks a question.




Friendship Mission Code

| Button | Meaning | Positive Fix |
|---|------------------------------|--------------------------------|
|  Static Button | Talking over others | Listen first, then respond |
|  Volume Button | Yelling or rude tone | Use a calm, respectful voice |
|  Mute Button | Not answering or ignoring | Acknowledge and respond kindly |
|  Message Button | Not saying how you feel | Use "I feel" statements |
|  *Signal Button | Confusing or unclear message | Explain your thoughts clearly |
|  Kindness Button | Hurtful words or teasing | Choose kind, friendly words |

Friendship Communication Errors



Read the scenario and decide which communication error was made (button to press) and how to fix it.

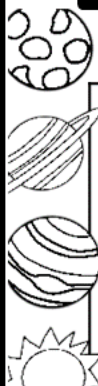




| Bad Communication | Button to Press | Friendship Fix |
|--|-----------------|----------------|
|  <p>1. You walk away when your friend is talking.</p> | | |
| <p>2. You roll your eyes when your friend answers a question.</p> | | |
| <p>3. You talk loudly and cut off your friend mid-sentence.</p> | | |
| <p>4. You tease your friend in front of others.</p> | | |
| <p>5. You shrug and say "Whatever" when your friend wants to talk.</p> | | |

Friendship

Communication Errors



Read the scenario and decide which communication error was made (button to press) and how to fix it.


| Bad Communication | Button to Press | Friendship Fix |
|---|-----------------|----------------|
|  <p>6. You don't explain why you're upset.</p> | | |
|  <p>7. You whisper to someone while your friend is talking.</p> | | |
|  <p>8. You ignore your friend's text.</p> | | |
|  <p>9. You blame your friend when something goes wrong.</p> | | |
|  <p>10. You don't say "thank you" when your friend helps you.</p> | | |

Friendship

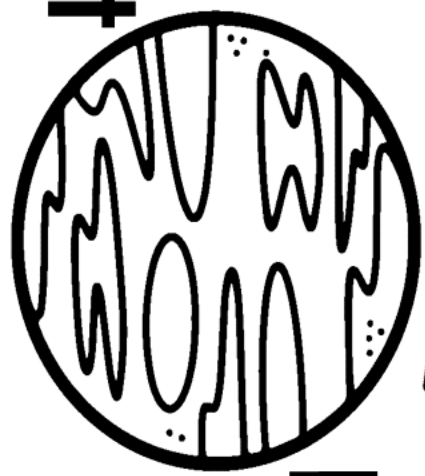
Communication Errors



Read the scenario and decide which communication error was made (button to press) and how to fix it.

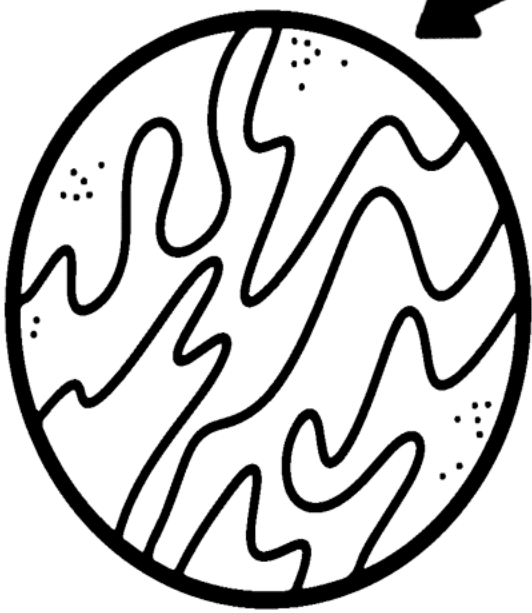
| Bad Communication | Button to Press | Friendship Fix |
|---|-----------------|----------------|
|  <p>11. You use sarcasm that hurts feelings.</p> | | |
| <p>12. You change the subject when your friend shares a problem.</p> | | |
| <p>13. You don't make eye contact when your friend is speaking.</p> | | |
| <p>14. You mumble or talk too fast to understand.</p> | | |
| <p>15. You sigh loudly when your friend asks a question.</p> | | |

planet

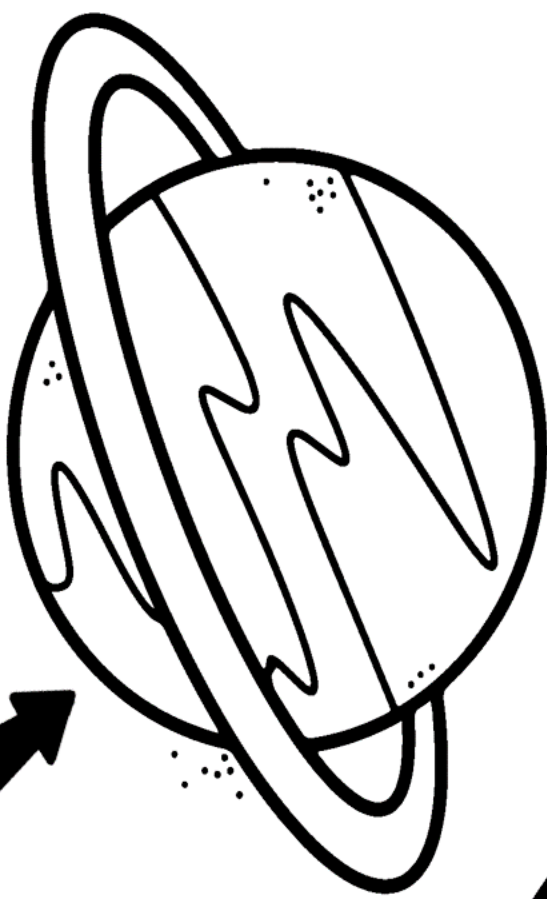


planet

Kindwords



Honestheart



planet

Bodytalk



planet Listenwell



Planet Listenwell

Mission Skill: Focus on listening carefully

- Stop and look at your friend when they talk.
- Don't interrupt—wait for your turn.
- Show you're listening by nodding or saying, "I get it."



Planet Kindwords

Mission Skill: Focus on using kind, respectful words

- Use respectful words and a calm tone.
- Say thank you, please, and kind compliments.
- Think before you speak—words can build or break friendships!



Planet Bodytalk

Mission Skill: Focus on nonverbal communication (facial expressions, tone, body language)

- Face your friend and use kind facial expressions.
- Keep your body calm and your eyes on the speaker.
- Smile, wave, or give a thumbs-up to show you care.

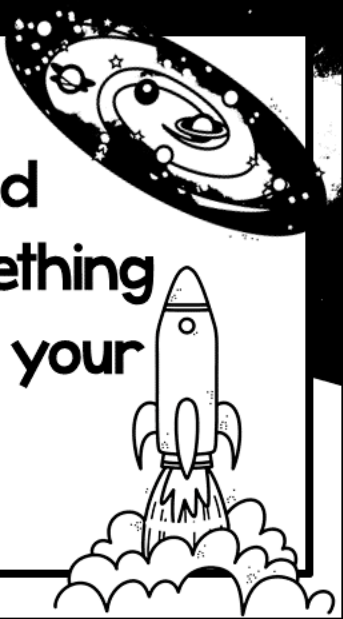


Planet Honestheart

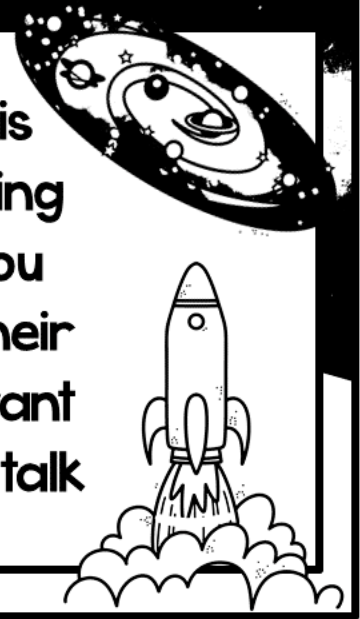
Mission Skill: Focus on expressing feelings truthfully

- Be honest, but gentle with your words.
- Use "I feel..." statements to share your emotions.
- Keep promises and tell the truth, even when it's hard.

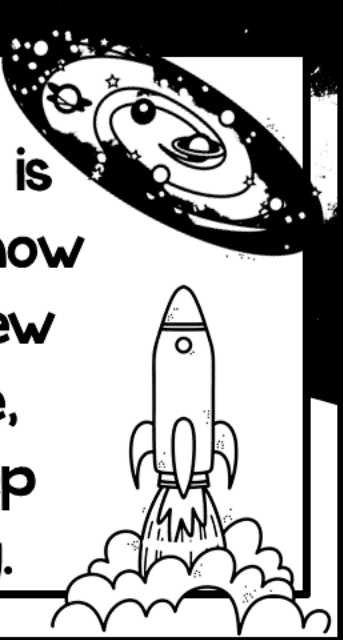
Your friend says something that hurts your feelings.



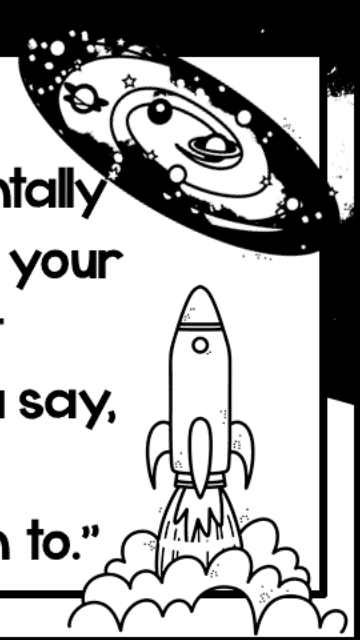
Your friend is sad and sitting alone, but you can tell by their face they want someone to talk to.



Your friend is explaining how to play a new video game, but you keep interrupting.



You accidentally knock over your friend's art project. You say, "I'm sorry. I didn't mean to."



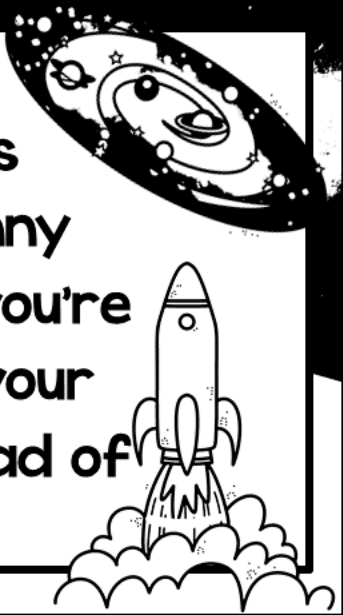
You want to tell your friend that something they said hurt your feelings, but you use a calm voice.



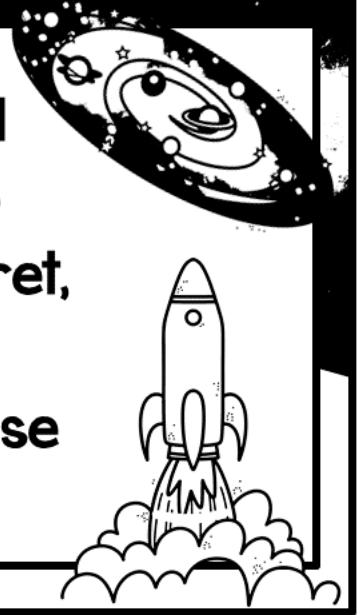
Your friend shares good news about making the soccer team. You smile and say, "That's awesome!"



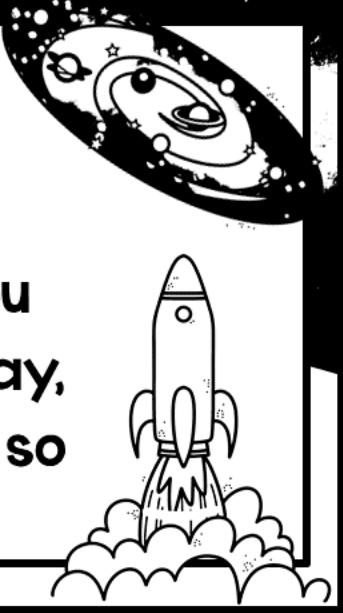
Your classmate is telling a funny story, but you're looking at your tablet instead of listening.



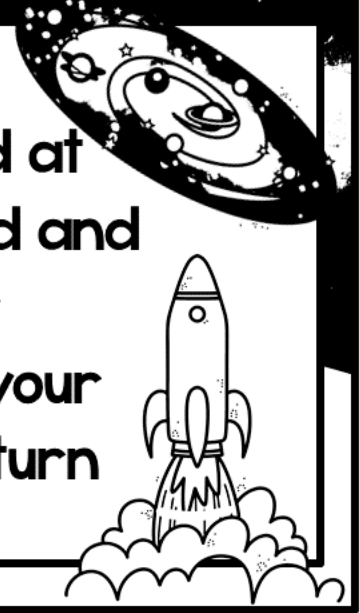
Your friend asks you to keep a secret, but you tell someone else anyway.



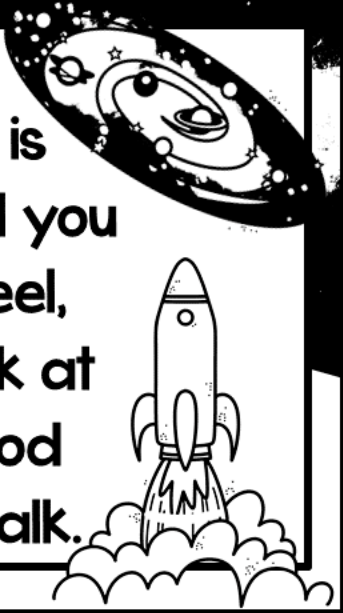
Your friend gives you a gift, and you smile and say, "Thank you so much!"



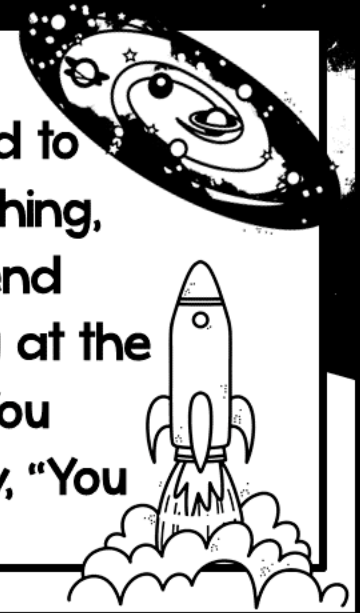
You're mad at your friend and cross your arms, roll your eyes, and turn away.



Your friend is trying to tell you how they feel, and you look at them and nod while they talk.



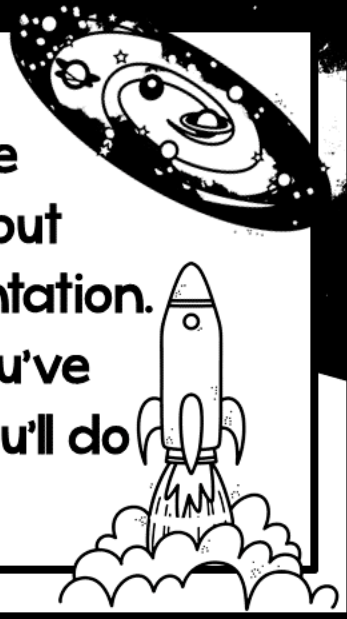
You're excited to share something, but your friend starts talking at the same time. You stop and say, "You go first."



You didn't like a joke your friend made, and you calmly say, "That hurt my feelings."



Your friend says they're nervous about their presentation. You say, "You've got this - you'll do great!"



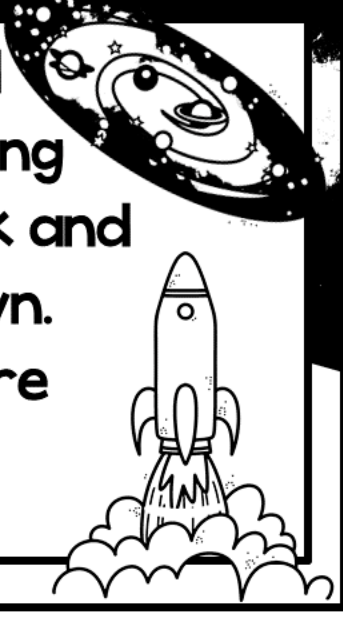
You're upset with your friend, but instead of yelling, you take a deep breath before you speak.



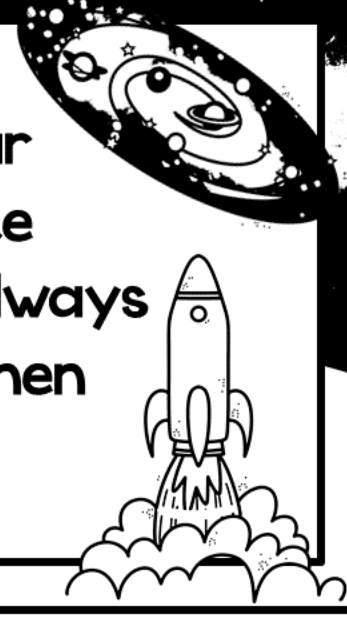
You tell your friend the truth even though it's hard, because you respect them.



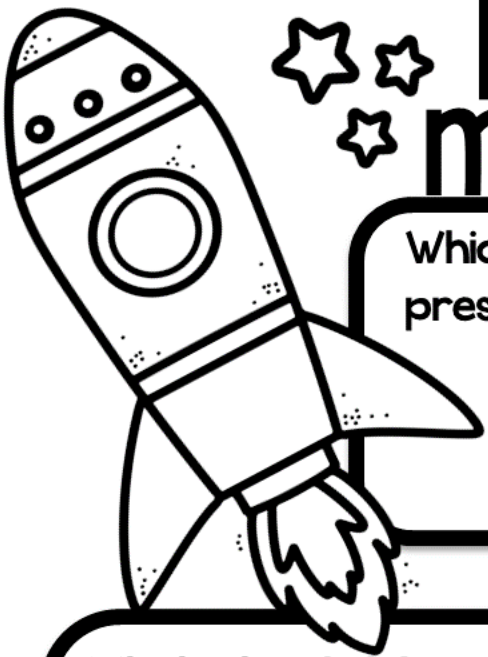
Your friend is quiet during group work and looking down. You ask, "Are you okay?"



You tell your friend, "I like how you always help me when I'm stuck."

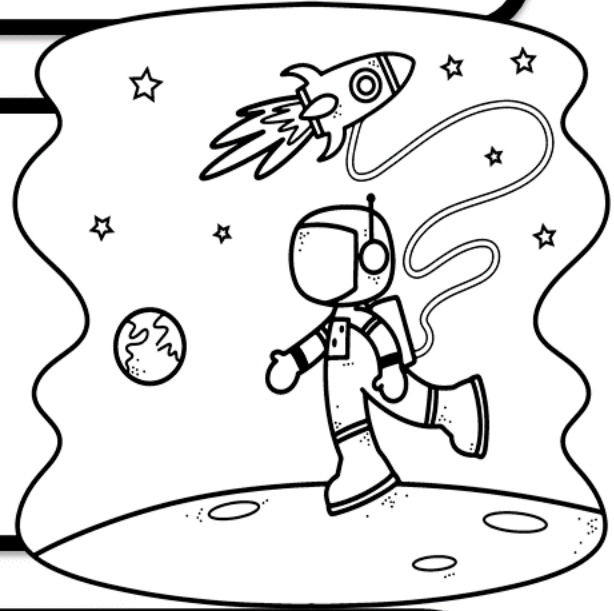


Friendship Mission Report

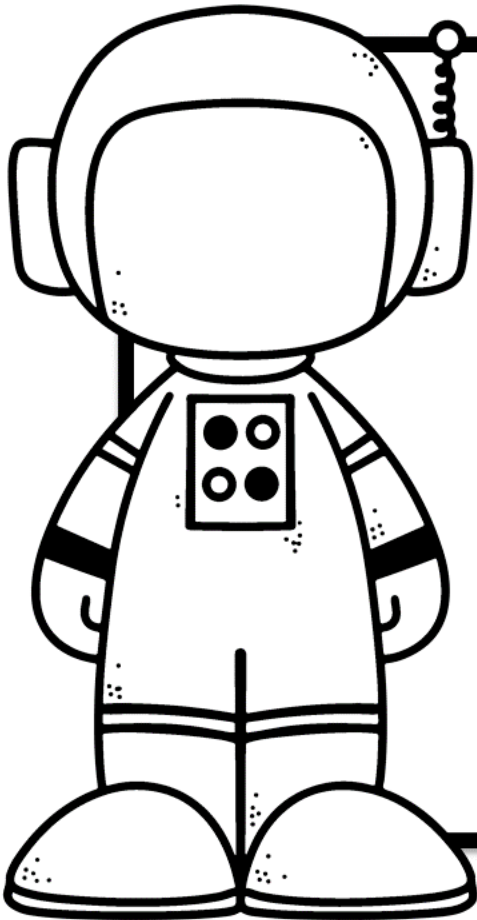


Which friendship mission code button did you press the most?

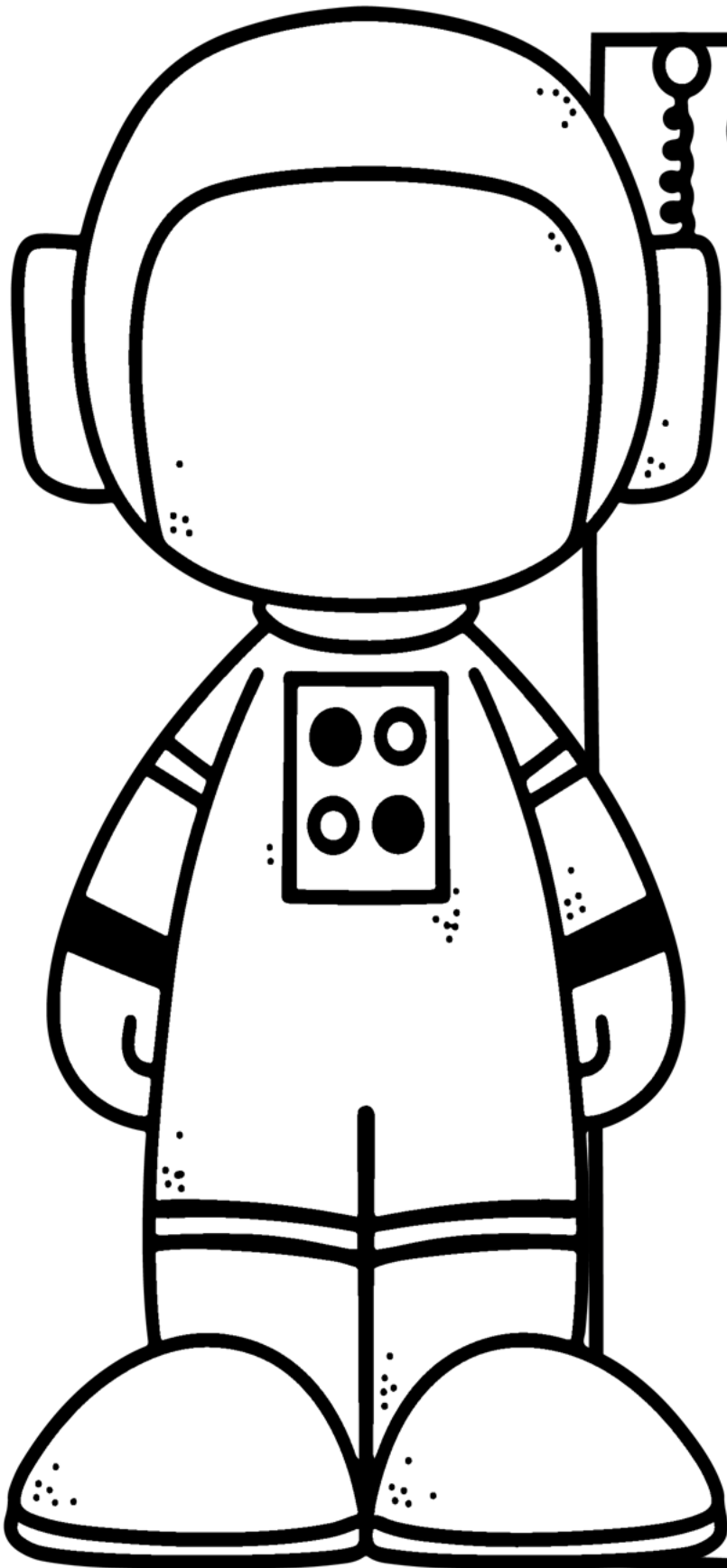
Which planet did you visit the most?



Why is it important to fix communication errors in our friendships?



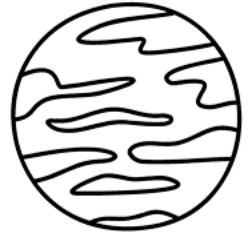
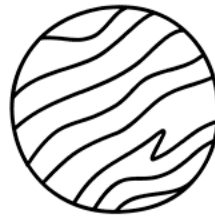
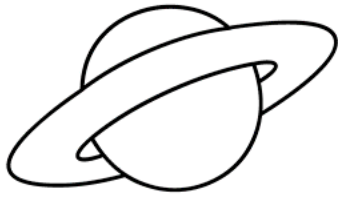
Friendship Mission Report



What's one communication goal you'll work on during your next "mission" (school week)? Explain how you will do this.



**POSTERS/
COLORING
SHEETS**
**(print in black &
white)**



Keep your

friendship signal

strong -

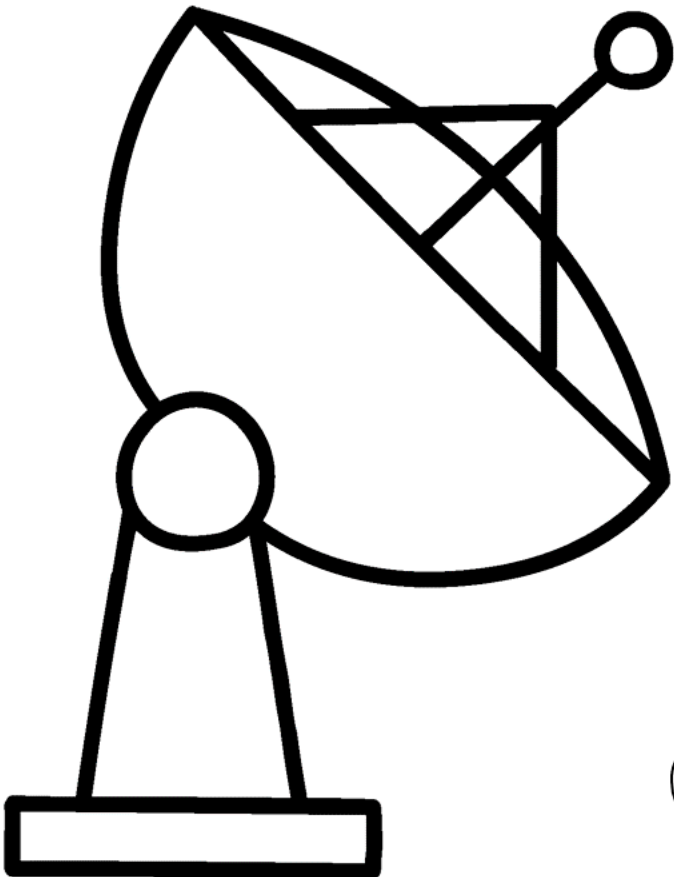
listen,

speak

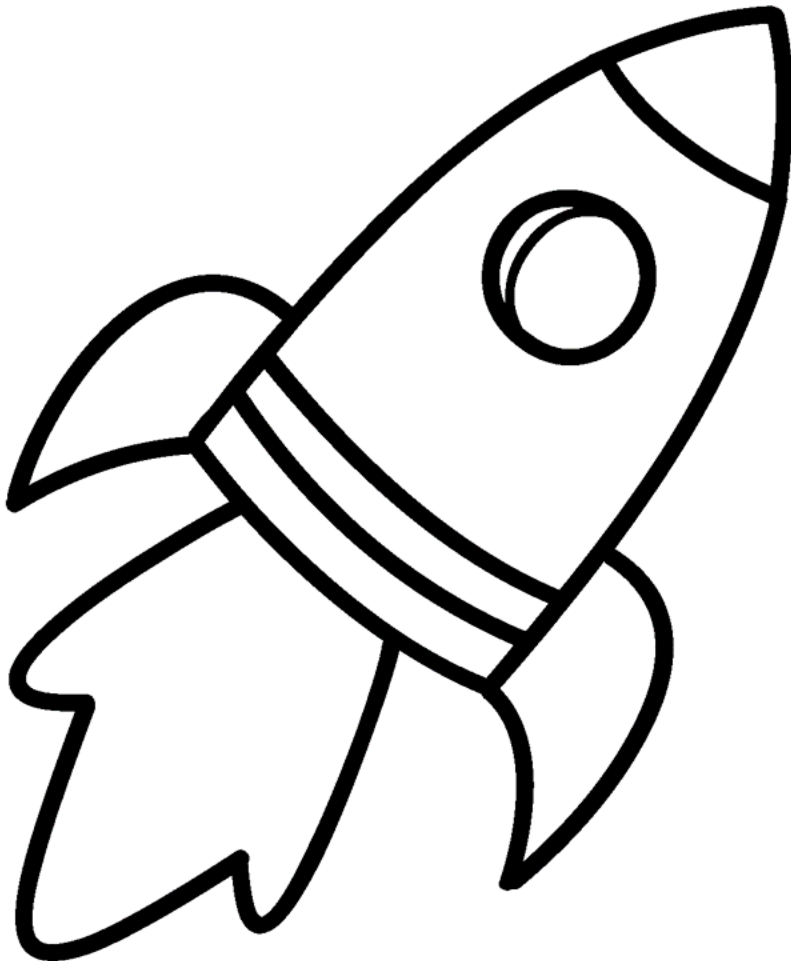
kindly,

and stay

connected.

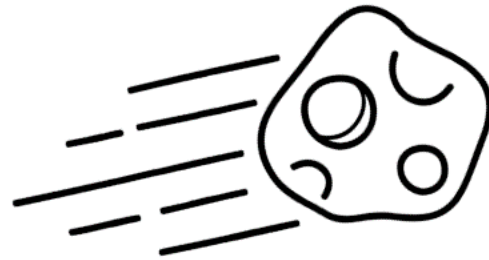
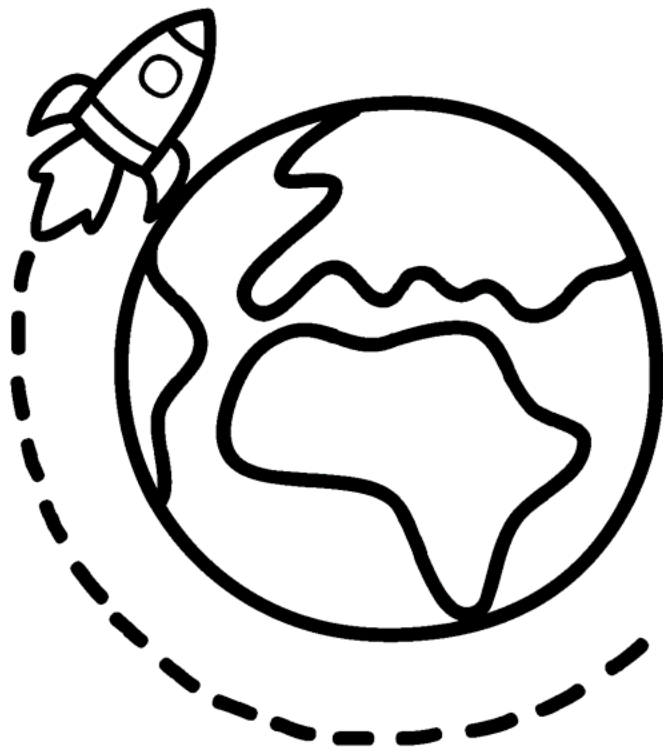
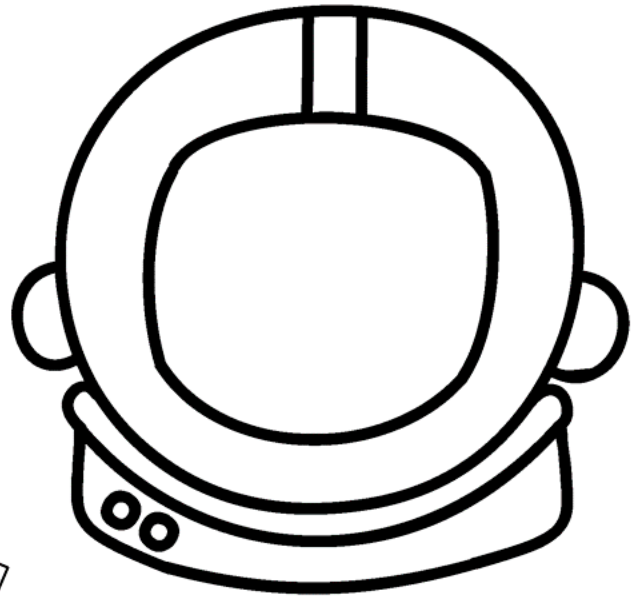


Our
friendship
rocket runs
on



kindness
and
respect.

Friends
are your
flight crew



through
life's

adventures.

Kindness is the
brightest star in
any galaxy.



ANSWER SHEET

Friendship Communication Errors (Answers)

| Bad Comm | Button to Press | Friendship Fix |
|---|---|---|
| 1. You walk away when your friend is talking. | Mute Button | Stop and listen. Face your friend and show you care about what they're saying. |
| 2. You roll your eyes when your friend answers a question. | Bodytalk Signal (or use Kindness Button if using 6-button template) | Keep respectful body language - nod or smile instead. |
| 3. You talk loudly and cut off your friend mid-sentence. | Static Button | Wait for your turn and let your friend finish before you respond. |
| 4. You tease your friend in front of others. | Kindness Button | Use kind, encouraging words even when joking. Never embarrass your friend. |
| 5. You shrug and say "Whatever" when your friend wants to talk. | Message Button | Use honest words to express how you feel respectfully: "I'm upset right now - can we talk later?" |

Friendship Communication Errors (Answers)

| Bad Comm | Button to Press | Friendship Fix |
|---|-----------------|---|
| 6. You don't explain why you're upset. | Message Button | Focus on one person at a time - give your friend your full attention. |
| 7. You whisper to someone while your friend is talking. | Static Button | Focus on one person at a time - give your friend your full attention. |
| 8. You ignore your friend's text. | Mute Button | Respond kindly, even if short: "Hey, I saw your message. I'll reply soon." |
| 9. You blame your friend when something goes wrong. | Message Button | Take responsibility and speak respectfully: "I think we both got confused. Let's figure it out together." |
| 10. You don't say "thank you" when your friend helps you. | Kindness Button | Show appreciation: "Thanks for helping me. That meant a lot." |

Friendship Communication Errors (Answers)

| Bad Comm | Button to Press | Friendship Fix |
|---|-------------------|---|
| 11. You use sarcasm that hurts feelings. | Kindness Button | Choose sincerity: say what you mean kindly, without teasing tones. |
| 12. You change the subject when your friend shares a problem. | Listenwell Button | Stay present and listen: "That sounds tough. Tell me more about what happened." |
| 13. You don't make eye contact when your friend is speaking. | Bodytalk Button | Look at your friend and nod to show you're paying attention. |
| 14. You mumble or talk too fast to understand. | Signal Button | Slow down, speak clearly, and make sure your friend understands. |
| 15. You sigh loudly when your friend asks a question. | Kindness Button | Use a calm tone and patient attitude: "Sure, I can explain that again." |

Task Card Answers

Your friend says something that hurts your feelings.

Planet Honestheart

Your friend is sad and sitting alone, but you can tell by their face they want someone to talk to.

Planet Bodytalk

Your friend is explaining how to play a new video game, but you keep interrupting.

Planet Listenwell

You accidentally knock over your friend's art project. You say, "I'm sorry. I didn't mean to."

Planet Honestheart

You want to tell your friend that something they said hurt your feelings, but you use a calm voice.

Planet Honestheart

Your friend shares good news about making the soccer team. You smile and say, "That's awesome!"

Planet Kindwords

Your classmate is telling a funny story, but you're looking at your tablet instead of listening.

Planet Listenwell

Your friend asks you to keep a secret, but you tell someone else anyway.

Planet Honestheart (discuss trust and truth-telling)

Your friend gives you a gift, and you smile and say, "Thank you so much!"

Planet Kindwords

Task Card Answers

You're mad at your friend and cross your arms, roll your eyes, and turn away.

Planet Bodytalk

Your friend is trying to tell you how they feel, and you look at them and nod while they talk.

Planet Listenwell

You're excited to share something, but your friend starts talking at the same time. You stop and say, "You go first."

Planet Listenwell

You didn't like a joke your friend made, and you calmly say, "That hurt my feelings."

Planet Honestheart

Your friend says they're nervous about their presentation. You say, "You've got this - you'll do great!"

Planet Kindwords

You're upset with your friend, but instead of yelling, you take a deep breath before you speak.

Planet Bodytalk

You tell your friend the truth even though it's hard, because you respect them.

Planet Honestheart

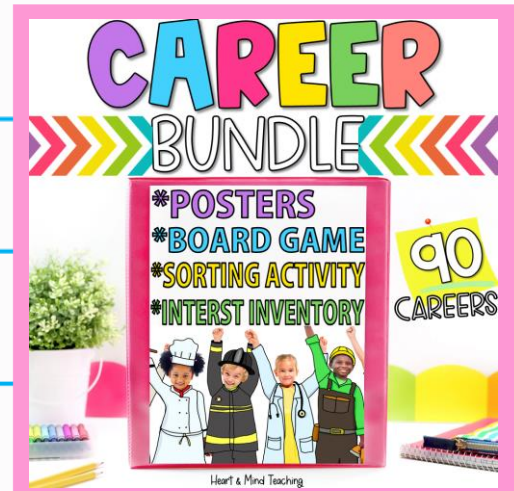
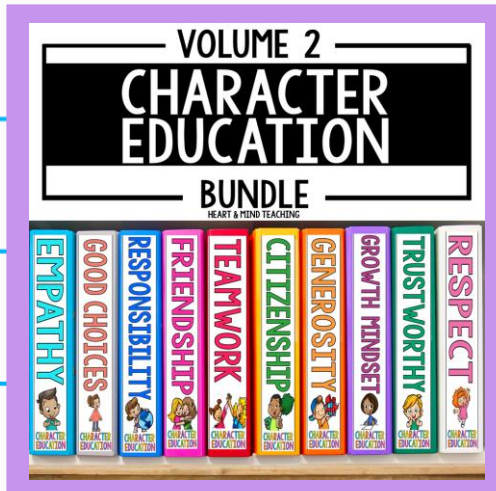
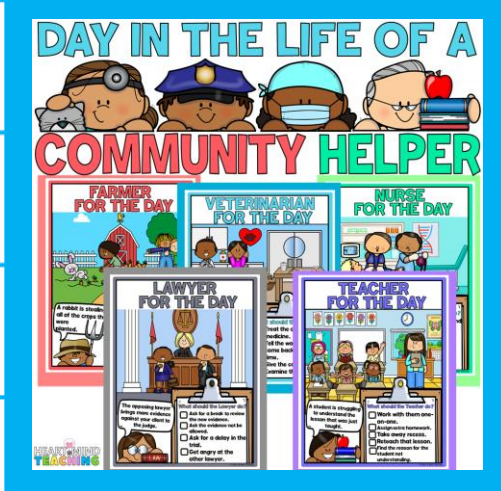
Your friend is quiet during group work and looking down. You ask, "Are you okay?"

Planet Bodytalk

You tell your friend, "I like how you always help me when I'm stuck."

Planet Kindwords

♡♡ Best Selling Resources



COUNSELOR COLLAB MEMBERSHIP

The Must-have resource membership:

www.counselorcollab.com

♡ WANT A PEEK INTO MY CLASSROOM?

Check out my website:

www.heartandmindteaching.com 



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