

## WISE Friendships - 4th Grade Virtual Activity

**WISE** is an organization that helps people to have *wise* relationships. We all have lots of relationships. We have relationships with family members, friends, teachers, coaches, pets, and most importantly, ourselves! Being *wise* in your relationships means that you are kind, thoughtful, safe, and able to communicate your feelings. We like to talk with 4th grade students about being a *wise* friend.

It is normal to have a conflict, or disagreement with a friend. A *wise* friend knows that we still have to be kind, thoughtful, safe, and good communicators even when our friends are “bugging” us.

### ACTIVITY

Write down 5 qualities that make a good friend:

- 1.
- 2.
- 3.
- 4.
- 5.

Write down 5 ways that you calm yourself down when you are upset or frustrated:

- 1.
- 2.
- 3.
- 4.
- 5.



**Directions:** In each wing, write a strategy that you can use to be a *wise* friend, even when your friend is “bugging” you. Color the rest of your friendship bug however you’d like!

