

## Family Resiliency Reading Guide

# MAKING FRIENDS

BY FRED ROGERS

After reading *Making Friends* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to resiliency characteristics, literacy tips and sample conversation starters for you and your child.

### SYNOPSIS

*Making Friends* celebrates the beauty of friendship. The characters learn valuable lessons about empathy, communication and cooperation. Mr. Rogers emphasizes the importance of accepting others and being yourself. He fosters a sense of community by encouraging children to be patient and treat others with kindness and respect.

### LESSONS IN RESILIENCY

- ▶ Mr. Rogers encourages children to take **responsibility** for their own actions and choices. This is demonstrated in sharing toys, working together and taking turns. Children learn a sense of teamwork while maintaining friendships.
- ▶ The children in the story display empathy and consideration by looking out for the well-being of their friends. They show **responsibility** by using good judgment and being supportive by taking turns and sharing while they play together.
- ▶ Being a **responsible** friend means using self-control when differences arise. Friends often have different ways of doing things. The children in the story learn that disagreements are a natural part of friendships, such as deciding who should go down the slide first, what activities to share or who gets to join in the fun. Through these experiences, they learn to appreciate their differences and strengthen their bonds of friendship.

### RESILIENCY CHARACTERISTIC



#### Responsibility

Owning my actions, using good judgment and practicing self-control.

### RESILIENCY CONVERSATION STARTERS:



Good friends try to understand each other's feelings. Ask your child about a time when a friend was upset, and how he or she helped that friend feel better.



Sometimes friends don't always agree, but using self-control can help navigate the situation. Discuss a time when self-control helped you.

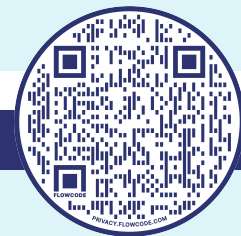


Ask your child about the characteristics of a good friend. Talk with him or her about how being **responsible** helps maintain friendships.

### LITERACY TIP

Instead of asking yes or no questions, help build oral language skills by asking your child open-ended questions. Some examples are:

- ▶ Why do you think that happened?
- ▶ What do you think is going to happen next?
- ▶ What would you do if this happened to you?



Scan the QR Code Above  
for More Resiliency Resources

