

Friendship Journal Worksheet

Name: _____ Date: _____

Instructions: Answer the following questions. You may use an extra sheet of paper if you prefer.

Write about a time a friend encouraged or supported you. How did it make you feel?

What do you do to try and cheer up a friend when they are sad or upset? Does it help?

What is one thing you could do or say if your friends pressure you to bully someone?