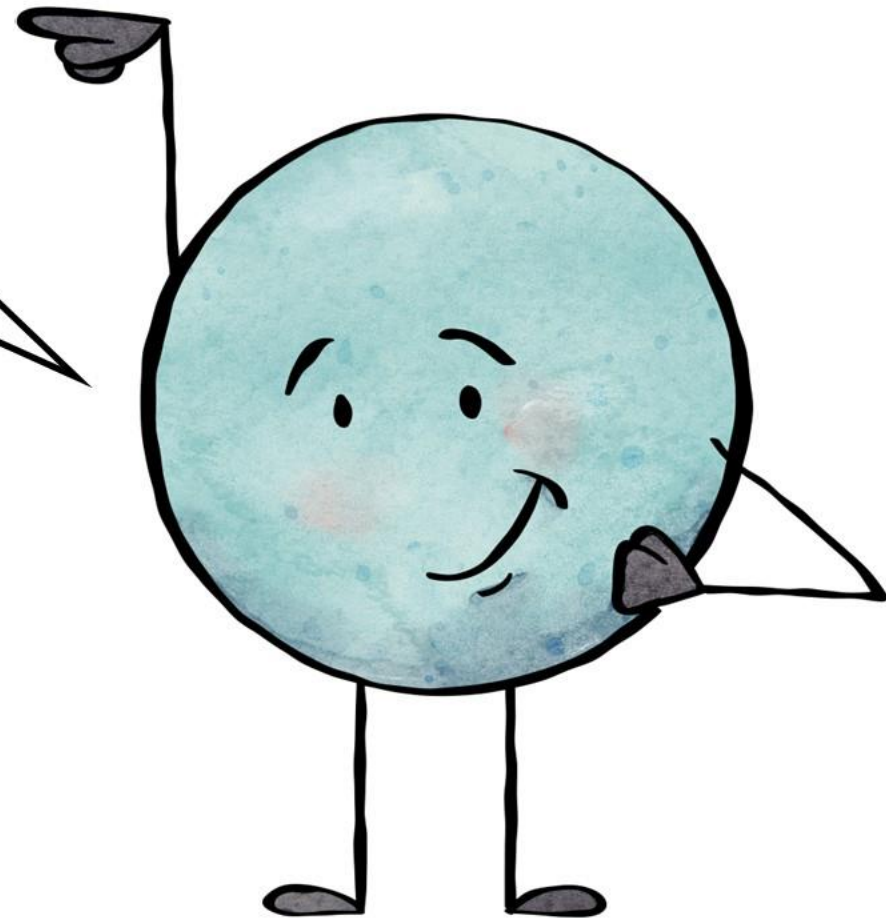


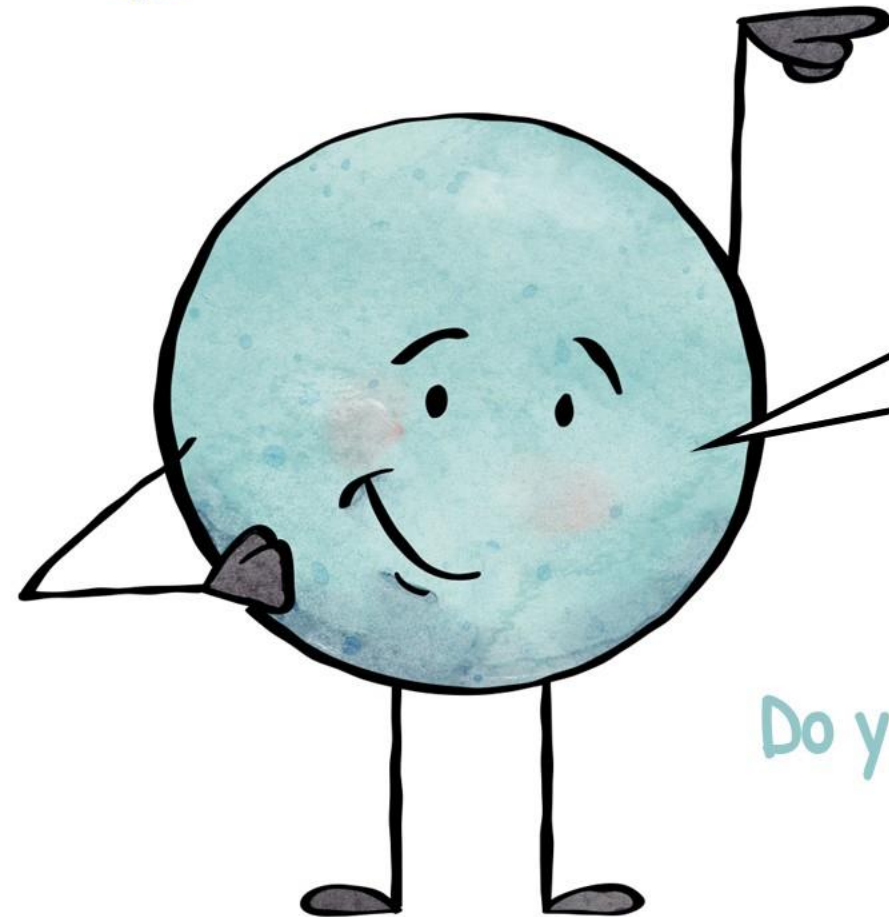


Are you  
ready for ...



**FRIENDLY  
FRIDAY**





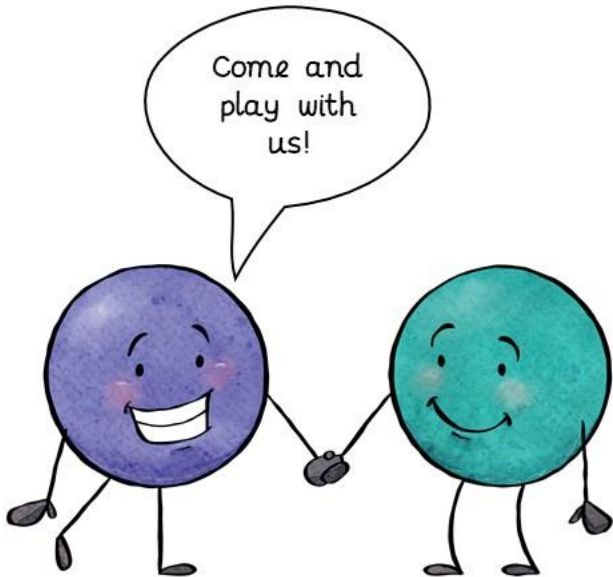
I can include  
others



Do you know what 'include' means?



It means that you can add other children to your group or game.



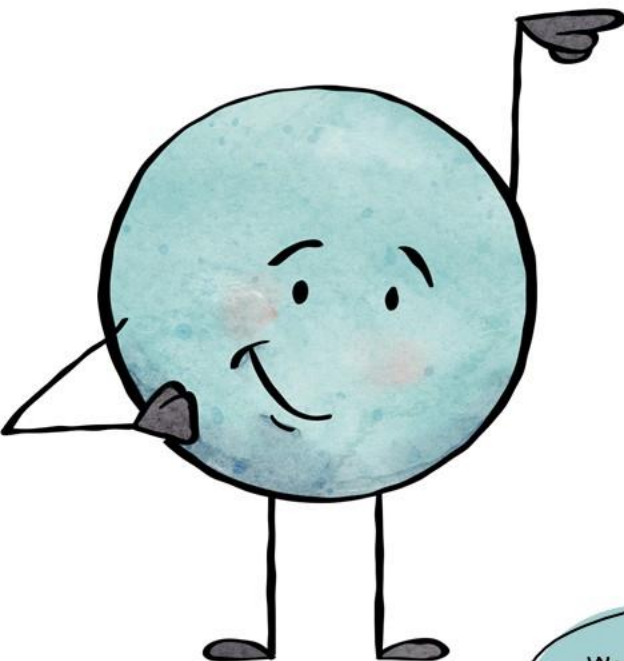
Come and  
play with  
us!

If someone is lonely without anyone to play with you can ask them to join your group and play or talk to them.

You can include anyone to your group. They might be girls, boys, tall, short, blonde hair, brown eyes, different skin colours, different skills, different abilities and so on. It doesn't matter what they look like or what they are like, you will find a way to include them.



# Activities



- Think about how it must feel to be excluded from a game or a conversation. Imagine you are wanting to join in a game with a group of children and they won't let you because you are a boy or you are a girl. Talk about it with someone. Has this ever happened to you before?
- Knowing how it can feel to be excluded from a group or game can you think about ways you can include others in your games or conversations? Each day this week see if you can make a huge effort to include other people where possible. How does it feel to make someone feel happy by including them?
- Draw a picture or write a few sentences each day on the effort you made to include someone else. What did you do? What did you say? How did you feel?

Would you  
like to join  
us?

Would you  
like to  
play with  
us?

What do  
you think  
about...?

Including someone in your games and conversations will make you and that person feel happier.



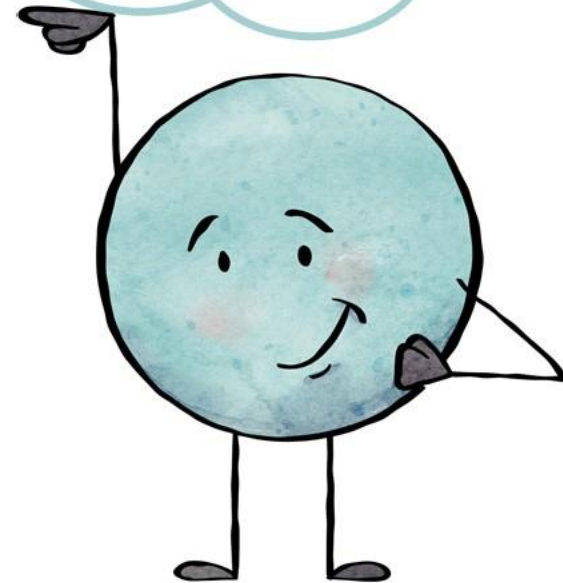
# Affirmations



I can include others

I can be friendly and  
kind

Look in a mirror and  
repeat these  
statements out loud  
every single day!





Awesome  
work!

Can you  
include  
others?