

# BE A SUNSHINE FRIEND

## Sunshine Friends:

Are consistently kind

Make you feel calm & safe

Empathize with your feelings & never try to hurt you

Respect your limits and needs

Support you as much as you support them

Are supportive when you're struggling

Make you feel seen & understood

Make you feel warm in your heart, like there's sunshine inside

Know how to celebrate your achievements

Love you just as you are

Apologize for their mistakes and make amends

Work to earn your trust



**Sunshine Friends make you feel safe when you're feeling sad**

# EMPATHY CARDS



What Emotion Is Visiting Sunny?

Mad



What Emotion Is Visiting Sunny?

Glad



What Emotion Is Visiting Sunny?

Sad



What Emotion Is Visiting Sunny?

Icky



What Emotion Is Visiting Sunny?

Glad



What Emotion Is Visiting Sunny?

Afraid



What Emotion Is Visiting Sunny?

Glad



What Emotion Is Visiting Sunny?

Mad



What Emotion Is Visiting Sunny?

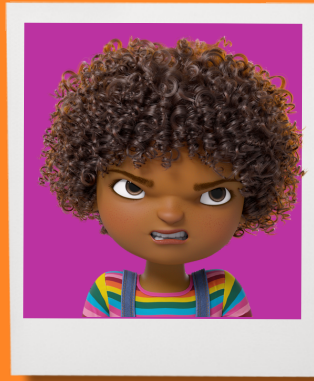
Icky

# EMPATHY CARDS



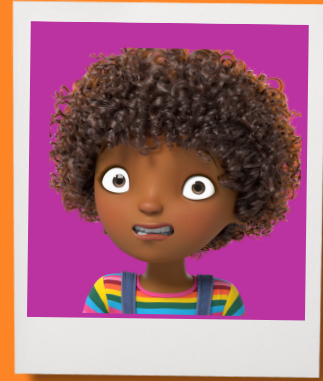
What Emotion Is Visiting Maya?

Sad



What Emotion Is Visiting Maya?

Angry



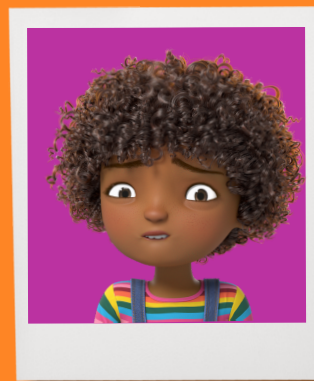
What Emotion Is Visiting Maya?

Afraid



What Emotion Is Visiting Maya?

Inspired



What Emotion Is Visiting Maya?

Guilt



What Emotion Is Visiting Maya?

Happy



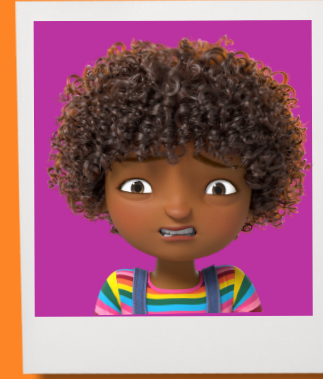
What Emotion Is Visiting Maya?

Disgusted



What Emotion Is Visiting Maya?

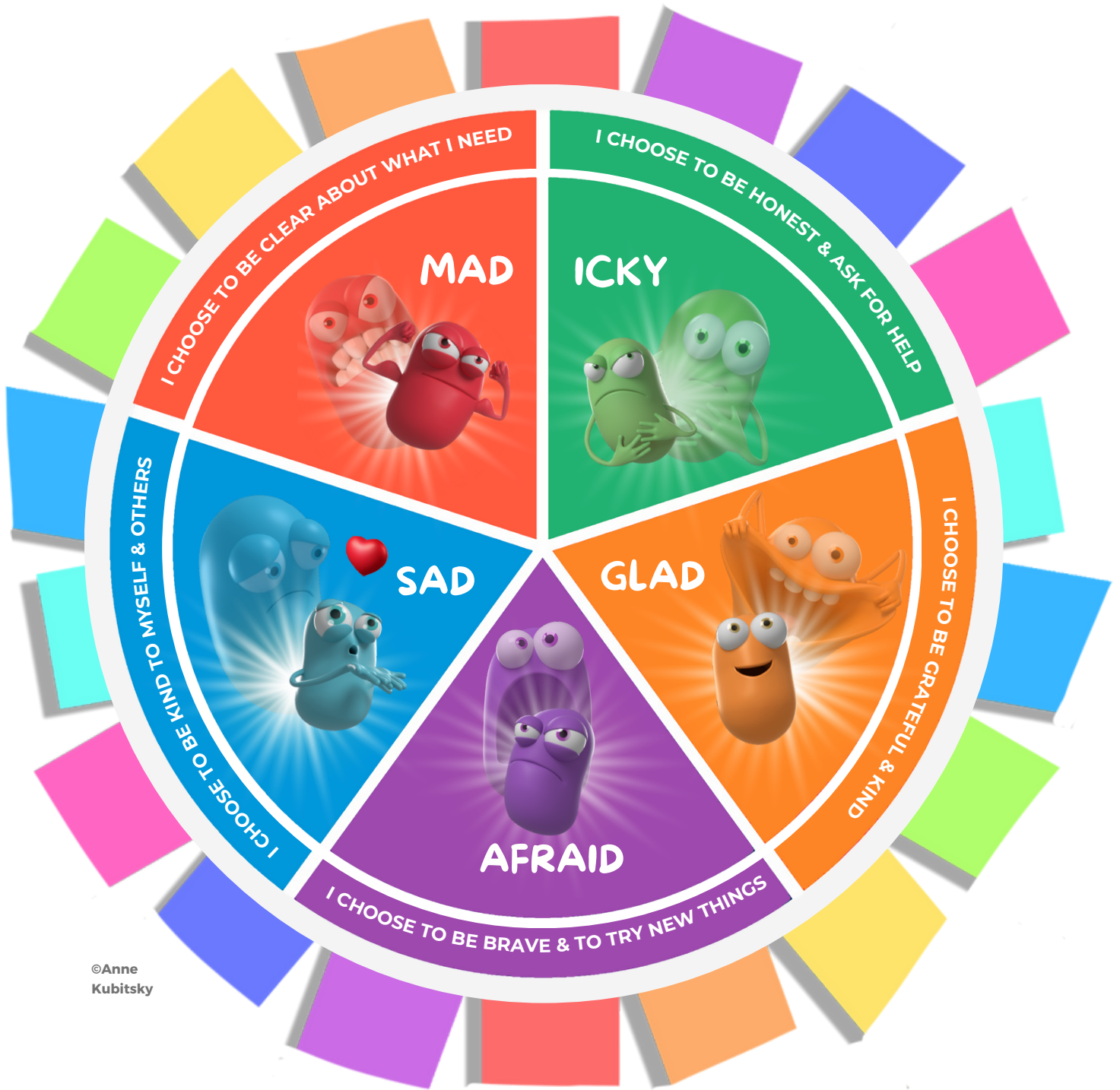
Disappointed



What Emotion Is Visiting Maya?

Anxious

# MAKE SOME SUNSHINE



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# SHARE YOUR SUNSHINE

Does Your Friend Need Any Of These Things?



Food



Water



Sleep



Space



A Hug



Fresh Air



Bathroom Break



A Walk



Quiet



A Stretch



A Deep Breath



Listening



A Compliment



A Gift



Playtime



Some Help

# WHAT KIND OF FRIEND DO YOU HAVE?

There are 5 types of friends. What kind of friend do YOU have?  
Take the time to ask them what they like to find out.

## CUDDLY FRIEND

Does your friend like hugs and high fives? If so, then doing more of that will make them feel loved and cared for.  
(Sunny the cat is a cuddly friend)

## HELPING HANDS FRIEND

Does your friend ask you for help on their homework? Maybe they are a helping hands friend, and enjoy it when you help out and try to make their life better.

## GIFT-GIVING FRIEND

Does your friend give you gifts? Maybe they are a gift-giving friend and would enjoy receiving more gifts from you. If so, do they prefer handmade gifts or store bought?

## KIND WORDS FRIEND

Does your friend give you a lot of compliments? Maybe they like to receive kind words and encouragement.  
Ask them what they like to find out!

## HANG OUT FRIEND

Some friends just want to spend time with you. Do you have one of those friends? If so, they probably want quality time.  
Ask them what quality time looks like to them.

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