

# Video Discussion Tip Sheet

## 3 Friendly Wishes



1) Think of 3 Friendly Wishes to share with someone.



2) Write or draw these wishes on a piece of paper.



3) Share your 3 Friendly Wishes with that someone.



4) Notice how each of you feels.



### Watch together! Then talk about:

- ✓ Do you remember what was bothering CJ at the beginning of the story?
- ✓ What is a Friendly Wish?
- ✓ What were the Friendly Wishes Nico sent to CJ?
- ✓ Why did Nico send those wishes to CJ, and how did CJ feel after getting them?

### Practice together! Then talk about:

- ✓ Can you think of someone who would like to receive 3 Friendly Wishes?
- ✓ What 3 Friendly Wishes could you send to them?
- ✓ How will you send your 3 Friendly Wishes to them?
- ✓ How do you feel after sending someone 3 Friendly Wishes?

### Additional Tips

- ✓ At first, kids may be more likely to identify Friendly Wishes they would like for themselves.
- ✓ With practice, kids will get better at identifying Friendly Wishes that benefit another person.
- ✓ You can help kids identify wishes for others with questions like "What does \_\_\_\_\_ enjoy doing?" or "What helps when you aren't feeling well?"



[feelyourbestself.org](http://feelyourbestself.org)



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