

# How To Be a Good Friend (Featuring Luki)

Big Questions for Little Humans

Episode 13 (Part 2)



A series that helps to explore big questions for little humans.

We navigate emotions and situations meant to inspire dialogue in classrooms and at home

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**BIG QUESTIONS FOR LITTLE HUMANS**

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Read [Part 1 here](#)

### Episode 13 Part 2: How to be a Good Friend (featuring Luki)

The next day at school, Luki's eyes were still red from crying. Her head was hurting and she had a deep pit of sadness in her stomach. She wasn't in the mood to listen to others' needs or be generous as her Mom had suggested. Instead, she just kept to herself. She even ate lunch by herself and read a book in the library during recess. The whole time she was distracted, thinking and wondering about what it means to be a good friend.

She watched a group of kids playing soccer out the library window. Everyone on the team was passing the ball to each other, taking turns, all of them working towards scoring a goal. Another group of kids were skipping rope; two of them were spinning the rope while two others jumped in unison. And another group of kids were playing frisbee in a triangle shape; each person passed the frisbee once they received it, making sure that everyone got a turn to both catch and throw. She noticed how well everyone was playing together. This made her curious, confused and sad. Just then, a whistle blew and recess was over. All of the children began assembling in a line to go back inside. One of them held the door open and was giving a high five to the others as they walked by. She wondered why she wasn't getting along with her friends lately while it seemed that everyone else was getting along so well...

As she was packing up, the school librarian came in and startled Luki by asking her why she had spent her recess alone indoors on such a beautiful day. She noticed that Luki was reading a book called "Learn to be a Better Friend". Luki turned the book over to hide it.

"I just want to be alone today, Ms. Tate."

"Ok well, that's fine I guess. As long as you are ok."

"I'm ok." Luki answered as she hurried away.

None of Luki's friends came to check on her that day. In class she was unusually quiet and kept to herself. In fact, she spent the whole week on her own.

By the second week, one of her friends, Corine, came to see her in the library at recess.

"Hi Luki. We are about to play champ and we wanted to know if you wanna play."

Ms. Tate was standing in the hall watching from a distance. She had probably encouraged Corine to speak to Luki.

"OK sure."

Luki's feelings were still hurt but not as much as they were before and she thought she might be ready to follow her mom's advice to experiment with listening more than she speaks and following more than she leads. So she did and the game went well. Everyone played together.

They took turns and had fun. Afterwards, just before the recess whistle blew, one of her friends jumped up and hugged her and said she was glad they played together again.

“I missed you.”

“I missed you, too.” replied Luki, surprised by the hug but her heart leapt with joy to feel this connection.

All afternoon Luki stayed quiet and kept to herself. She felt that it wasn't fair that she had to listen more than she spoke. She still had so many things to say! Especially now that she had been left out for a week and she felt that nobody cared.

When she finally told her moms how she was feeling, they explained that listening in friendships is like playing soccer or frisbee; you have to take turns.

“You will still have plenty of turns to express how you feel. That's an important part of being a good friend too. You just have to make sure you share and give others a chance to speak and to listen to them as well. There has to be balance.”

It still didn't seem fair to Luki, but she was willing to try.

One of her moms consoled her and explained,

“Being a good friend is something you work on your whole life. And some friendships are harder than others. And some friendships aren't healthy no matter what you do. It's not an easy thing to be a good friend but it's important. We are proud of you for taking the time to think about this and for taking it so seriously.”

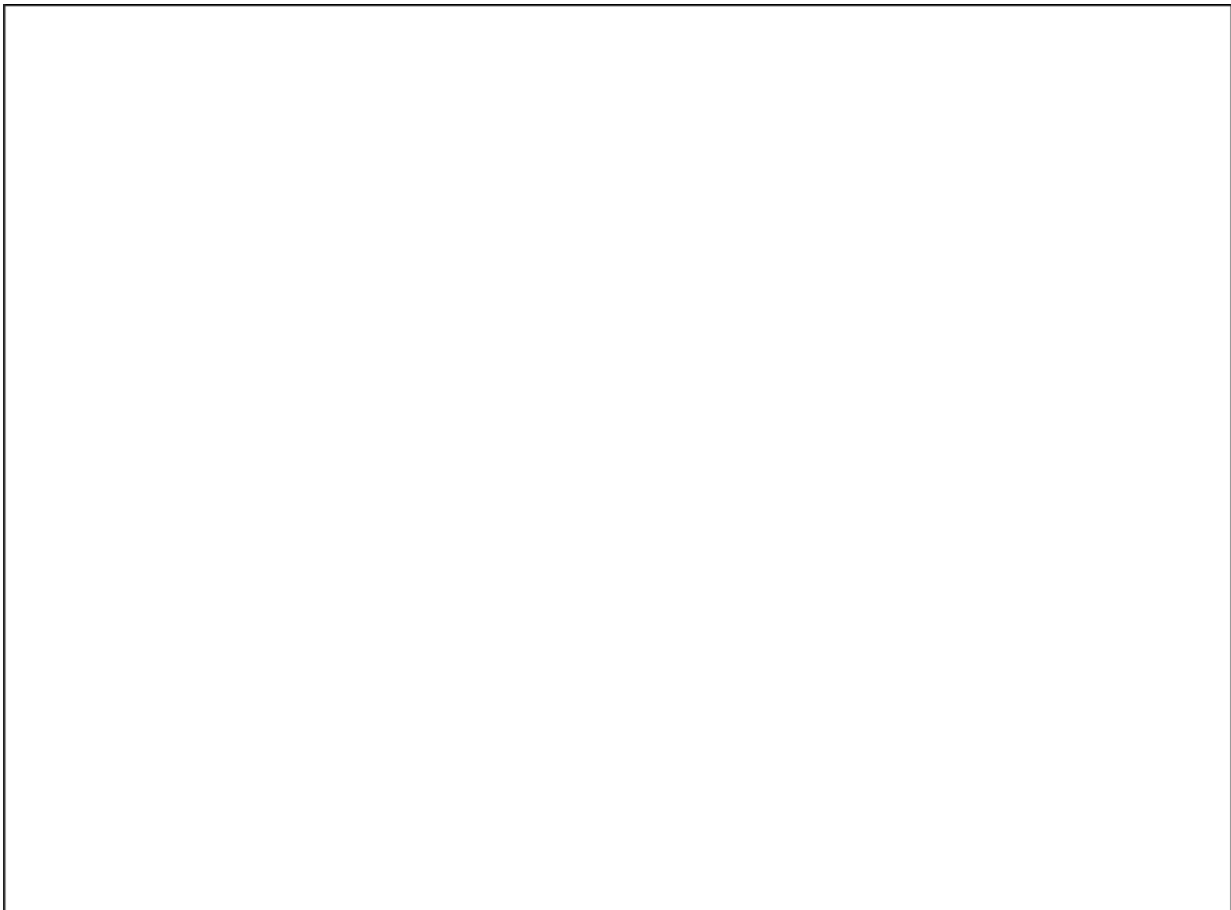
Luki loved her friends. She felt sad and empty when they weren't getting along.

I know I haven't been a very good friend, but I'm still learning and I'll keep on trying, she thought to herself.

**Reading Guide:** Print this document and be sure to give your little humans the colouring sheet that's included on page 5. The adult is the listener and must make sure to be free from distractions and not correct or coerce the conversation.

Take a deep breath and start with the words, "**Will you tell me...**"

- Do you agree with the advice that Luki's mom gave about listening to others? Why or why not?
- What would you tell Luki about being a good friend? What advice would you give her?
- Draw a picture of yourself with your friends (either real or imagined). This can be a time where you were getting along well or where there was a conflict. If you wish, you may describe the scene to a grown up in as much detail as you choose.



Name: \_\_\_\_\_

