

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 might be going through a challenging time or need a boost?
- ✓ What 3 Friendly Wishes should we send them?
- ✓ How do you think they'll feel when you give them this note/picture?
- ✓ How do you feel after sending someone 3 Friendly Wishes?

Additional Tips

- ✓ With practice, kids will get better at identifying Friendly Wishes that benefit the other person (rather than what they themselves would like).
- ✓ You can prompt with questions like "What does _____ enjoy doing?" or "What helps when you aren't feeling well?"



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