Friendship Choice Cards

Practice asking, listening, and making room for different preferences.

FOR THE CHILD · You can draw, point, write, or skip.

Read one pretend friendship moment together and choose from multiple respectful responses. You may invent another.

A friend is quiet today. What could you ask?

Two friends want different games. What choices could they offer?

Someone says “not right now.” What does respecting that look like?

You can leave any part blank. You do not need to explain why.

Friendship Choice Cards · Grown-Up Notes

Practice asking, listening, and making room for different preferences.

Why offer this page?

Practice asking, listening, and making room for different preferences.

How to invite your child

Read one pretend friendship moment together and choose from multiple respectful responses. You may invent another.

A simple example

“Would you like company or some space?” / “I hear you. We can play another time.”

What to avoid

Keep this about ordinary friendships and communication rather than evaluating the child’s relationships. Do not require a positive ending or a disclosure.

When to pause

Stop if your child asks, appears distressed, or no longer wants to participate. Make room for a break. Consult a qualified professional for persistent or serious concerns.

Boundary: do not use this page to process traumatic memories or imitate EMDR treatment.