

Name _____

Date _____

Cheering Friends Up



1. Choose one friend who could use some cheering up.

Friend's Name: _____

2. Choose **two** options below to create something that would make your friend feel better.

- Write a letter
- Draw a picture
- Kind act

Option 1: Write your friend a letter. Let them know that you are there for them and that you care.

Dear _____,

Your friend,



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Option 2: Draw and give your friend a picture of something they love to lift them up.



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Option 3: Perform a kind act for your friend. Use the space below to journal about how it went.



Kind Act: _____

