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I Can Be a Super Friend!

- Created for Tab by Lisa Grant & Rochelle Lentini, 2002
- Adapted by Linda Brault, WestEd • 2012
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- Super Friends Stop, Think, and then:
 - Use friendly words like “Can I play?”
 - Use gentle hands and feet.
 - Take turns with toys.
 - Go with the flow.

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Part 1: Taking Turns

- Super Friends take turns

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- I like talking and playing with my friends at school.

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- Sometimes, I want to play with what my friends are playing with.
- Then, I sometimes feel like taking toys, using mean words, or hitting and kicking.
- My friends get sad or mad when I hit, kick, use mean words, or take toys.

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- If I want to play with my friends or with my friends’ toys, I need to use friendly words.
- I can say, “Can I play with that toy?” or “Can I play with you?”

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- When I want to play with toys:
 - First I **STOP**, then I **THINK** about what a Super Friend would do.
- Super Friends:

- Use friendly words like “Can I play?”
- Use gentle hands and feet.
- Take turns with toys.

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I can be a Super Friend.

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Taking turns can be fun!

- My friends and I get to play with toys we like.
- My friend can take a turn, then I can take a turn.
- If I want to play with my friend’s toy, I can say: “Can I please play with that toy?”.

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- After I ask my friend for a turn, I might have to wait, but I will get a turn soon.
- After I ask my friend for a turn, I could wait for my turn or I could play with something else until it is time for my turn.

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I feel happy when I am a Super Friend!

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Part 2: Being Flexible

- Going with the Flow

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- My friends and I like playing together.
- Sometimes when my friends play, I get upset because I may want them to play with the toys my way.
- When my friends want to play their way, and not my way, I get upset and sometimes use mean talking, hitting, kicking, or I hurt toys.

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- My friends can play with toys their way, and I can play my way, when I go with the flow instead. That is being flexible!
- To go with the flow I need to get calm.

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- I can go with the flow
- I can stop, take 3 deep breaths, and say to myself: "I can go with the flow."

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- I like going to school and playing with my friends and teachers. I also like playing with friends at home. Model remaining calm
- But sometimes I have a hard time playing and feel frustrated or angry. If I feel this way,
- I need to **STOP**, and **THINK**: what would a Super Friend do?

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- When I want my friends to play my way:
 - First I **STOP**, then I **THINK** about what a Super Friend would do.
- Super Friends:
 - Take 3 deep breaths.
 - Use gentle hands and feet.
 - Go with the flow.

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- If I am still having a hard time, I can ask an adult for help. I can go to the adult and say: "Can you please help me?"
- I want to **STOP**, take 3 deep breaths, and say: "I can go with the flow."

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- Super Friends Stop, Think, and then:
 - Use friendly words like "Can I play?"
 - Use gentle hands and feet.
 - Take turns with toys.
 - Go with the flow.

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I am calm and happy when I am a Super Friend!

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- Cue Cards
 - “Stop” on one side.
 - “Cue” on the other side.
- Cut-out and placed on a ring