

Good Friend- Pre-K to 2nd Family Resource



What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

Learning about Good Friend- Students learned that...

1. Being a good friend means that you are kind, honest, and helpful to those around you.
2. The frontal lobe helps us make good choices, like being kind, sharing, and thinking about how our friends feel. When we use this part of our brain, it helps us stop and think before we do something. It's like a "friendly helper" inside our brain.
3. Being a good friend is about being kind, sharing, and helping each other. A good friend listens when someone talks, takes turns, and tries to help everyone feel included. Good friends also say "sorry" if they make a mistake.



Family Connection

1. Describe how someone has been a good friend to you.
2. Sing the "Good Friend Song" together, and let your child teach you the tune!

Good Friend Song

♪ We share our things and play all day,
Kind words and smiles, that is our way! ♪

When you feel sad or blue

As your friend, I'll stick next to you.

♪ Through ups and downs, we stand side by side, ♪
A good friend's love is big and wide!

