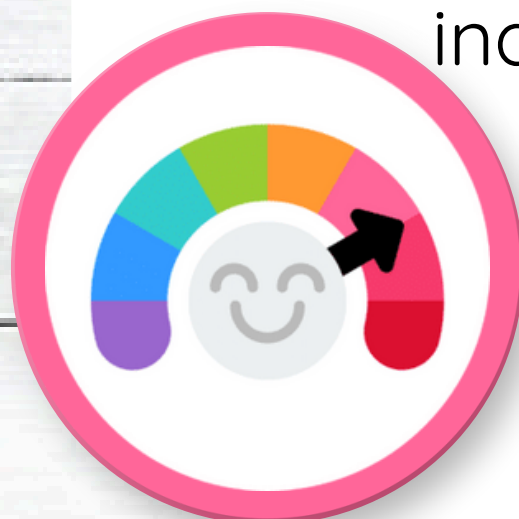


# FRIENDSHIP SOCIAL STORIES SEL KIT

This comprehensive kit includes social stories designed to **support children through the most common friendship challenges they face.** From big feelings to hurt feelings, disagreements to repair, this kit helps children build understanding, communication skills, and confidence in real-life social situations.

Stories can be used together or individually based on children's needs.



**KEEP SCROLLING TO TAKE A CLOSER  
LOOK AT WHAT'S INSIDE THIS RESOURCE!**

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## FRIENDSHIP SEL KIT

Social Stories + SEL Tools for Building & Repairing Friendships

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When I Don't Agree With My Friend (A Friendship Social Story)

When I Hurt a Friend's Feelings

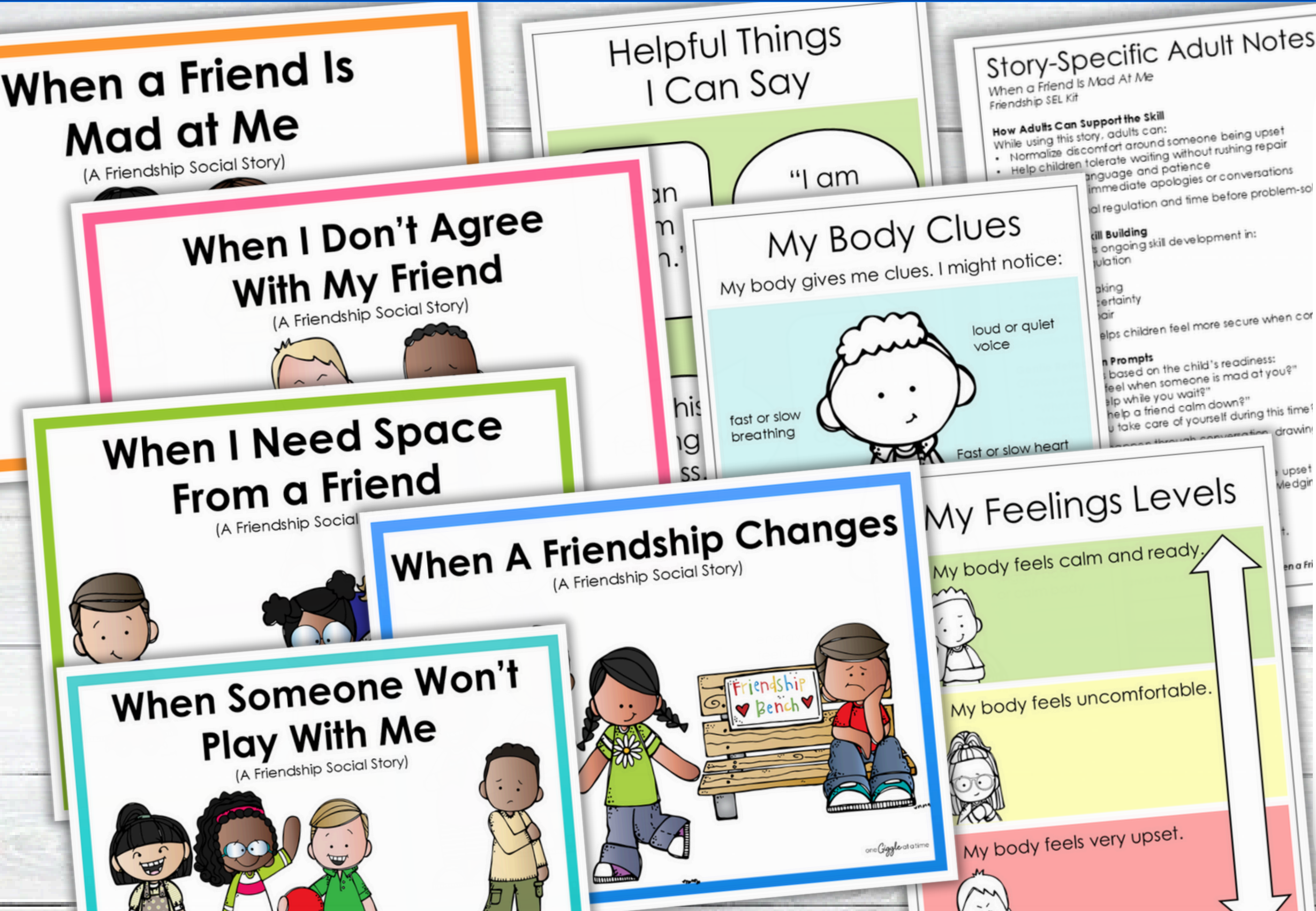
When Someone Won't Play With Me (A Friendship Social Story)

My Body Clues  
My body gives me clues. I might notice...

Ways I Can Calm My Body  
When my feelings get big, I can...

includes **13** social stories + SEL toolkit

# WHAT'S INCLUDED IN THE FRIENDSHIP SEL KIT



- 13 Friendship Social Stories
- Feelings & Calm-Down Toolkit
- Story-specific adult guidance notes
- Simplified PreK-K versions included
- Printable and reusable format

Designed for flexible use across school, home, counseling, and homeschool settings

# HELPS CHILDREN NAVIGATE COMMON FRIENDSHIP CHALLENGES



Feeling left out or excluded



Big emotional reactions



Hurtful words or misunderstandings



Disagreements and control struggles



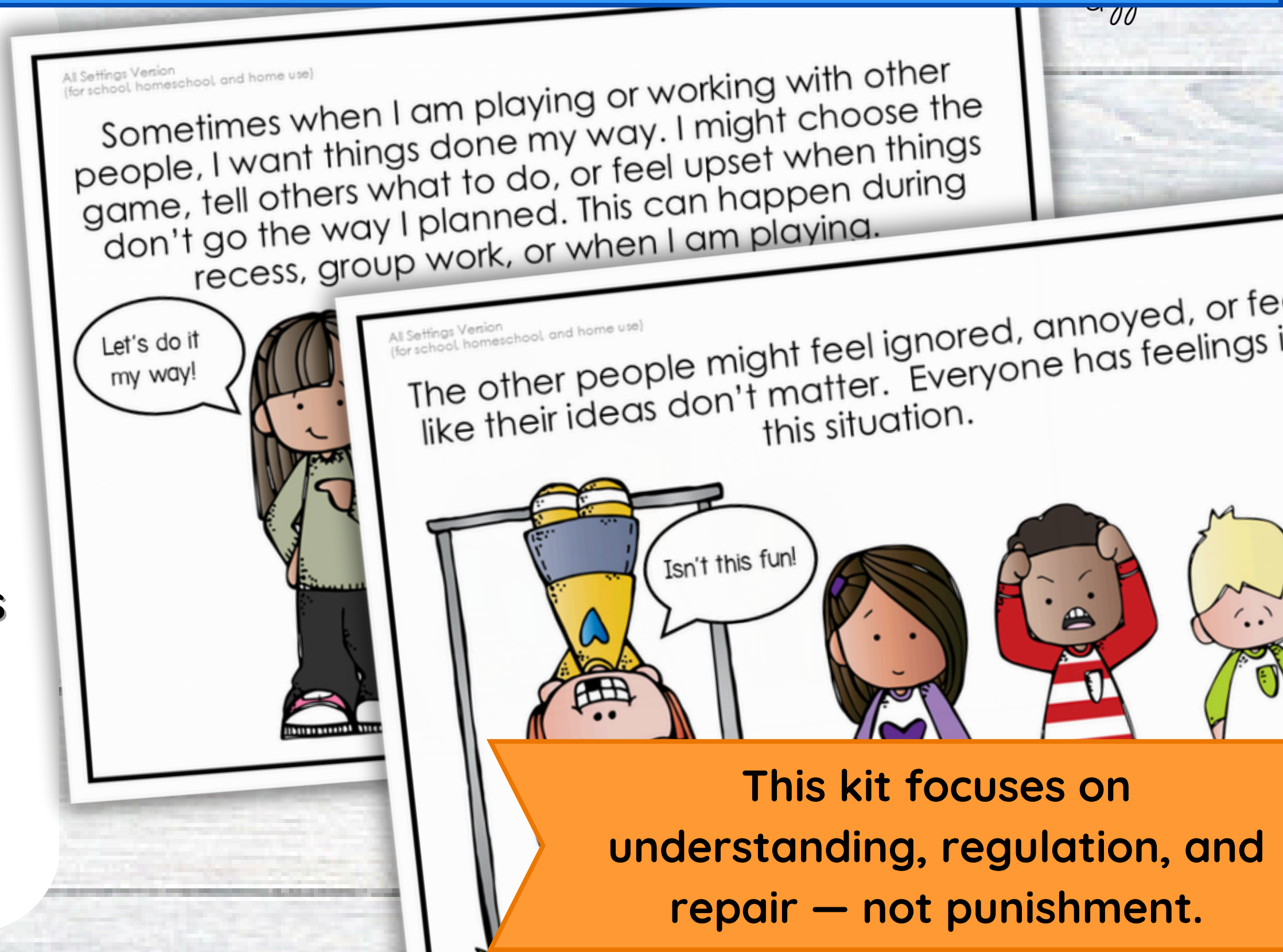
Friendship changes and conflicts



Repairing and reconnecting after problems



Knowing when to get help



# WAYS TO USE THE FRIENDSHIP SEL KIT

Use individual stories as specific situations come up

Read stories proactively before common friendship challenges

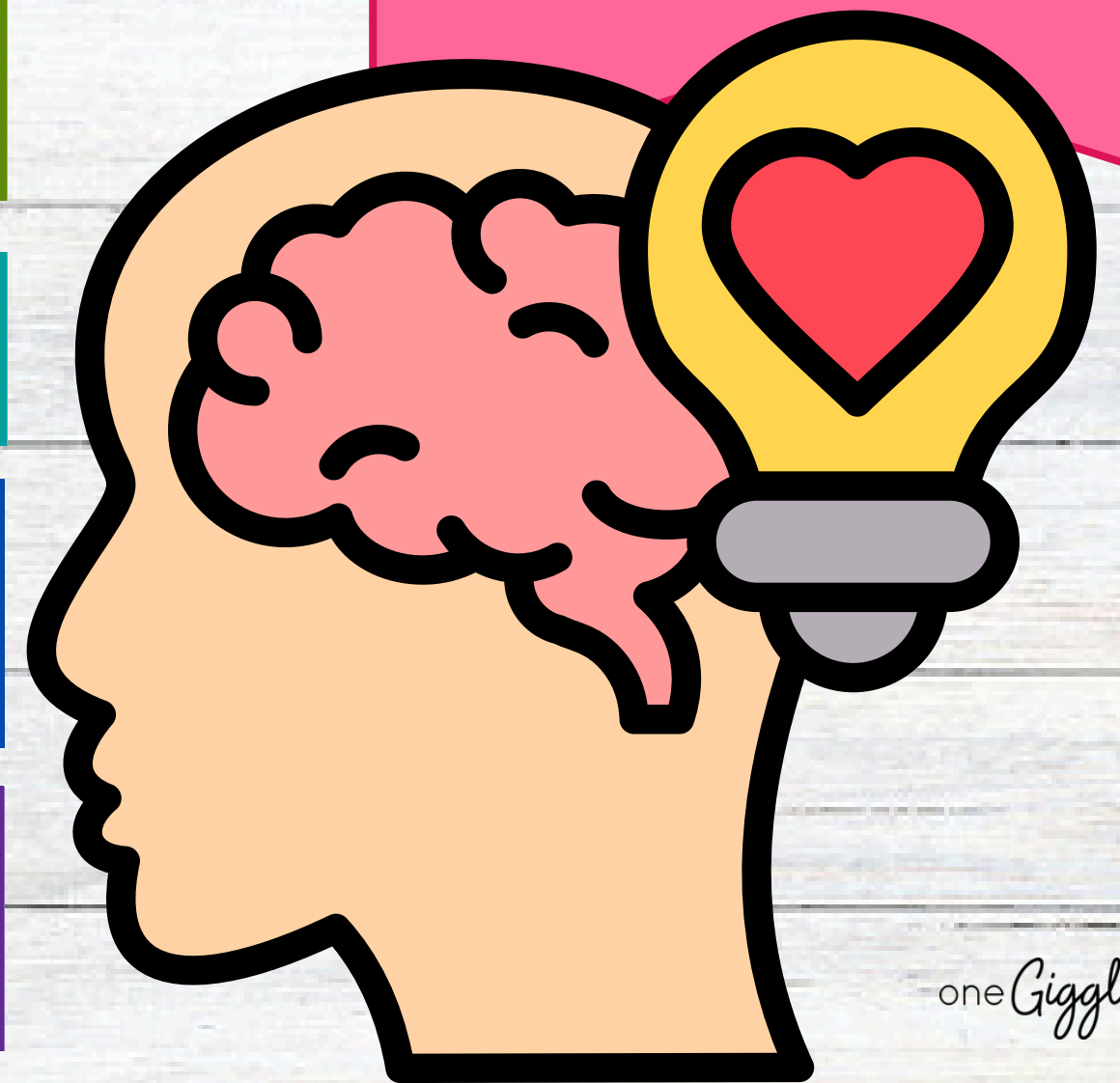
Pair stories with the Calm-Down Toolkit to support regulation

Revisit stories and tools when situations repeat

Support SEL lessons, counseling sessions, or small group

Share stories and visuals with families for home support

Stories & calming tools are designed to work together or on their own.



# A CLOSER LOOK AT THE SOCIAL STORIES

Each social story uses simple sentences, clear examples, and reassuring language children can relate to.

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All Settings Version  
(for school, homeschool, and home use)

I can use calm words to share how I feel or to ask a question. I might say, "Can I play with you later?" I might say, "That made me feel sad." Or I might say, "Okay, I will find something else to do." Using calm words helps people understand me.

Can I play with you later?



Yes. I just want to finish this picture first.

All Settings Version  
(for school, homeschool, and home use)

If someone won't play with me, I can take a deep breath and slow my body down. I can choose a different game, play with someone else, or take a break. I can even ask an adult for help if I need it.



## Story-Specific Adult Notes

When Someone Won't Play With Me  
Friendship SEL Kit

**How Adults Can Support the Skill**

While using this story, adults can:

- Validate feelings before offering suggestions
- Model calm, respectful language from the story
- Encourage children to take breaks or choose alternative activities
- Avoid stepping in to "fix" play unless safety is a concern

Stories are written to:

- validate feelings
- explain social situations
- offer realistic options for what to do next

# FEELINGS & CALM DOWN TOOLKIT

## Tools That Support Kids

Child-friendly visuals that support:

- identifying feelings
- calming the body
- returning to problem-solving

## Flexible Use

- Print as posters for calm-down spaces
- Create personal toolkits or binders for children
- Use with stories or as stand-alone supports

## Adult Guide Included

Includes brief adult guidance for:

- when to introduce each tool
- how to model strategies
- connecting tools back to the stories

Feelings Are Messages  
Feelings tell me what is happening inside me.

happy



sad



silly



mad

excited



embarrassed



What I Can Do Next  
After I calm down, I can:

take space



talk



ask for help



Breathing Tools  
I can breathe to help my body feel calm.

Smell the flower

Breathe in slowly through your nose.  
and you are smelling a flower.



Smell the candle



Designed for daily use across school, home, and counseling settings.

# ADULT GUIDANCE INCLUDED FOR FLEXIBLE USE

Each story includes adult-facing guidance to support confident use across different settings.

Guidance explains:

- when to introduce each story
- what skill it supports
- how to use it proactively or responsively

Adults are encouraged to choose the pages and approach that best fit their setting and child.

## Friendship SEL Kit Feelings & Calm-Down Toolkit Adult Overview

### Purpose of This Toolkit

This toolkit is designed to support children in understanding their feelings, calming their bodies, and managing friendship challenges.

The activities in this section are not meant to stop behavior or force calm. They are designed to help build skills and confidence over time.

### How This Toolkit Fits With the Stories

The Friendship SEL stories help children understand social situations and emotions. This toolkit provides shared tools children can use **before, during, or after** those situations. The focus is on understanding and reassurance. Tools focus on support and regulation. When used together, they help children feel safe, capable, and supported.

### When to Introduce the Toolkit

Introduce the toolkit during calm, neutral moments—before problems arise. Helpful practices include:  
• Reading through the visuals together  
• Practicing tools as part of daily routines  
• Modeling tool use yourself  
• Naming tools when children use them naturally

### How to Use the Tools

## Friendship SEL Kit Story Sequence Overview

Supporting the most common friendship challenges children experience

### Inclusion & Belonging

Helping children understand exclusion without self-blame

- When Someone Won't Play With Me
- When I Feel Left Out
- When a Friendship Changes

### Big Feelings & Impulsive Moments

What happens when emotions take over

- When Someone Says Something That Hurts My Feelings
- When I Get Mad and Say Something I Regret

### Disagreement & Flexibility

Navigating differences while staying connected

- When I Want to Be the Boss
- When I Don't Agree With My Friend

### Responsibility

What happens when I hurt

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## Story-Specific Adult Notes

When I Don't Agree With My Friend  
Friendship SEL Kit

These notes are designed to support adults in using the story **When I Don't Agree With My Friend**. They are meant to be read by adults only and are not read aloud to children.

### Purpose of This Story

This story helps children understand that disagreements are a normal part of friendship. The goal is to teach assertive communication, flexible thinking, and how to stay kind and connected.

### When to Use This Story

This story is especially helpful when:  
• Friends want different games, rules, or activities  
• Disagreements escalate into arguments or power struggles  
• A child struggles to express disagreement calmly  
• Adults notice frequent conflict around choices or preferences

This story works best when read **proactively** or **after a disagreement**. Use a neutral way. Avoid presenting it as a problem.

# DESIGNED TO MEET DIFFERENT NEEDS

## CHOOSE WHAT FITS YOUR CHILD, SETTING & GOALS

### Clear guidance for flexible use in any setting

These social stories include adult-facing guidance to help you use them confidently across different environments. You'll find story-specific notes that explain:

- when to introduce each story
- how to use it proactively or after a situation
- which friendship skill is being supported
- how to guide follow-up conversations

Notes are supportive—not prescriptive.

### School & Classroom Use

- Read aloud during SEL time, morning meeting, or small groups
- Use before predictable challenge times (recess, centers, group work)
- Revisit as a neutral support—not a consequence

### Home & Homeschool Use

- Read together during calm moments
- Use story language to support real-life situations
- Re-read as often as needed to build understanding over time

### Counseling & Therapeutic Settings

- Use as a conversation starter or reflection tool
- Pair stories with regulation strategies or role-play
- Support repair and emotional processing without shame

You do not need to use every page or resource.

### Calm-Down Toolkit

- Printable visuals to support emotional regulation
- Tools can be:
  - placed in binders or folders for children to reference
  - printed as posters for calm-down spaces
- Designed to work with the stories or on their own

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### BONUS

Standard versions for elementary-age children & simplified PreK-K versions are both included. Adults can choose the version that best fits the child's developmental level.

# USE THIS COMPLETE SYSTEM TO BUILD STRONGER FRIENDSHIPS WITH CONFIDENCE

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## When I Get Mad and Say Something I Regret

(A Friendship Social Story)



## My Body Clues

My body gives me clues. I might notice:



loud or quiet  
voice

Fast or slow heart

## Ways I Can Calm My Body

When my feelings feel big, I can  
choose a calm-down tool.



breathing



movement

USE AS A FULL SEL TOOLKIT OR PULL INDIVIDUAL STORIES AS NEEDED

# ABOUT ONE GIGGLE AT A TIME



Diane Romo, creator of One Giggle At A Time, is a veteran first-grade teacher, children's book author, and professional development presenter. Since 2014, her resources have helped teachers and students worldwide create fun, positive classroom communities.



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*one giggle at a time is a passionate supporter of:*

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!

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social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities