

# SOCIAL STORY TO SUPPORT FRIENDSHIP & SOCIAL SKILLS

Friendships can change — and that can feel confusing or upsetting for children.

This social story helps children understand why friendships sometimes change and reassures them that change does not mean they did something wrong or that the friendship is over.

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



## WHEN A FRIENDSHIP CHANGES

### A Friendship Social Story

oneGiggleat a time

Sometimes friendships change. A friend I used to play with might play with someone else. A friendship might feel different than it did before.

### When A Friendship Changes (A Friendship Social Story)



# WHAT'S INSIDE THIS RESOURCE

**When A Friendship Changes**  
(A Friendship Social Story)



Child-friendly social story

Friendships can change, and that can feel hard. Change does not last forever. I can take care of my feelings and keep being kind. I am learning how to handle changes in friendships.



Clear, supportive language

Sometimes friendships change. A friend I used to play with might play with someone else. A friendship might feel different than it did before.



Real-life friendship situations

I can take a breath and slow my body down. I can choose something else to do or play with someone new. I can ask for help if I need it.




Repair-focused problem solving

I can use calm words to share how I feel. I might say, "I miss playing with you." I might say, "Can we play again sometime?" Using my words helps me feel heard.



Clear examples of what to say

When a friendship changes, I might feel sad. I might feel confused, left out, or worried. Those feelings can feel big.



Emotional validation throughout

Story-Specific Adult Notes

When A Friendship Changes

Friendship SEL Kit

These notes are designed to support adults in using the story *When A Friendship Changes* thoughtfully and effectively. 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 friendships can change over time and that change does not mean failure, rejection, or wrongdoing. The goal is to normalize friendship shifts, reduce children's negative emotions, and support their sense of belonging and self-worth.

**When to Use This Story**  
This story is especially helpful when:  
• A child is no longer playing with a former friend  
• Friendship groups shift or change  
• A child expresses sadness, confusion, or worry  
• Adults notice lingering feelings after social change

This story works best when read **proactively**, during transitions.

**How to introduce the story**  
Introduce this story gently and without attaching helpful language may include:  
• "This is a story about how friendships can change."  
• "This story helps us think about feelings that come up when a friendship changes."  
• "Let's read this together and see what it reminds us of."  
The focus is reassurance and understanding, not problem-solving.

**What this story is teaching**  
This story supports children in learning that:  
• Friendships can change  
• Change is a normal part of life  
• Feelings like sadness, confusion, or worry are normal when a friendship changes  
• There are ways to handle these feelings


**How Adults Can Support the Skill**  
While using this story, adults can:  
• Acknowledge feelings without trying to fix them  
• Avoid explaining others' choices or assigning intent  
• Encourage children to talk, draw, or reflect if they choose  
• Gently support exploration of new connections over time  
• Support comfort and stability before encouraging action.

**Connection to Skill Building**  
This story supports ongoing skill development in:  
• Emotional resilience  
• Coping with change  
• Flexible thinking  
• Self-compassion  
• Maintaining a sense of belonging  
Revisiting this story helps children feel less alone during social transitions.

**Gentle Reflection Prompts**

page 1

Sometimes friendships change. That can make me feel sad.



Friends change as they grow. I did not do something wrong.








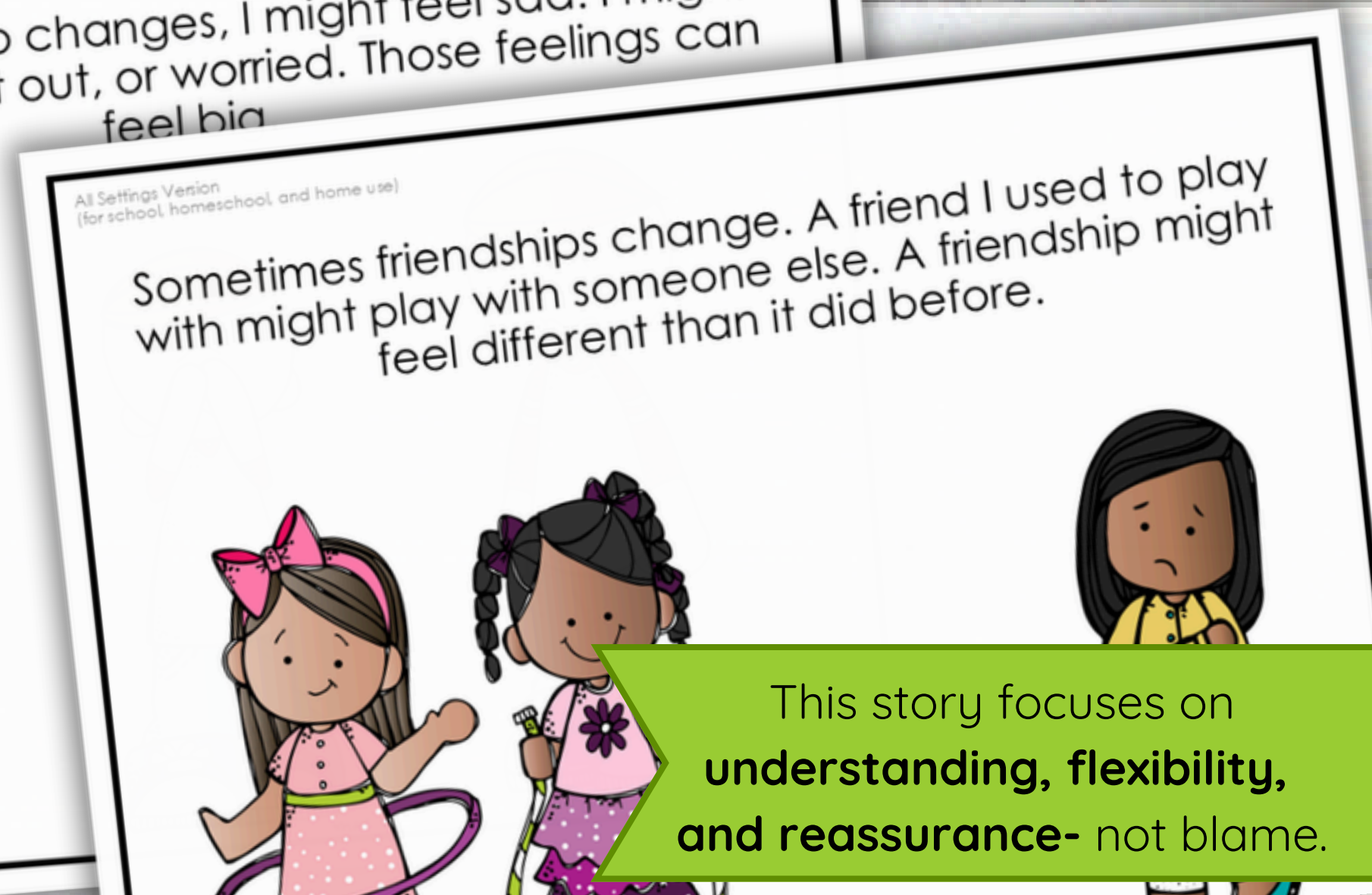
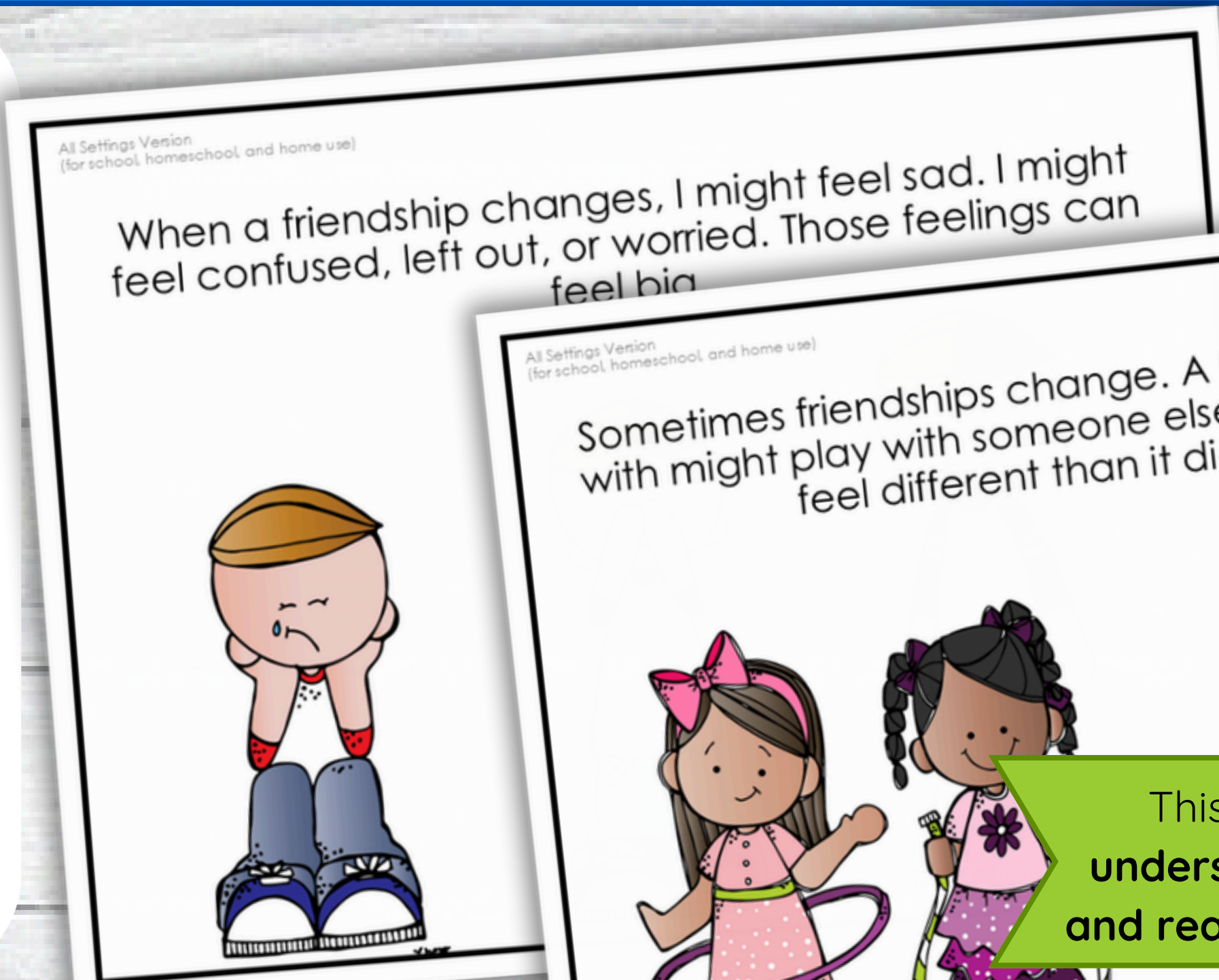
Simplified PreK-K version included

Easy to use across school, home, and counseling settings

# HELPS CHILDREN NAVIGATE FRIENDSHIP CHANGES

oneGiggle at a time

-  Feeling sad or confused when friends play with others
-  Worrying that a friendship is over
-  Thinking the change is their fault
-  Feeling unsure how to act around friends
-  Difficulty adjusting to new social dynamics



This story focuses on understanding, flexibility, and reassurance- not blame.

# WAYS TO USE THIS SOCIAL STORY

Read during calm moments

Use after social changes occur

Revisit when friendships shift again

Share with families for home use

Support counseling sessions

Include in SEL lessons

## When A Friendship Changes (A Friendship Social Story)



**HELPFUL BOTH**  
proactively &  
after changes in  
friendship happen

**NO MATTER THE SETTING!**

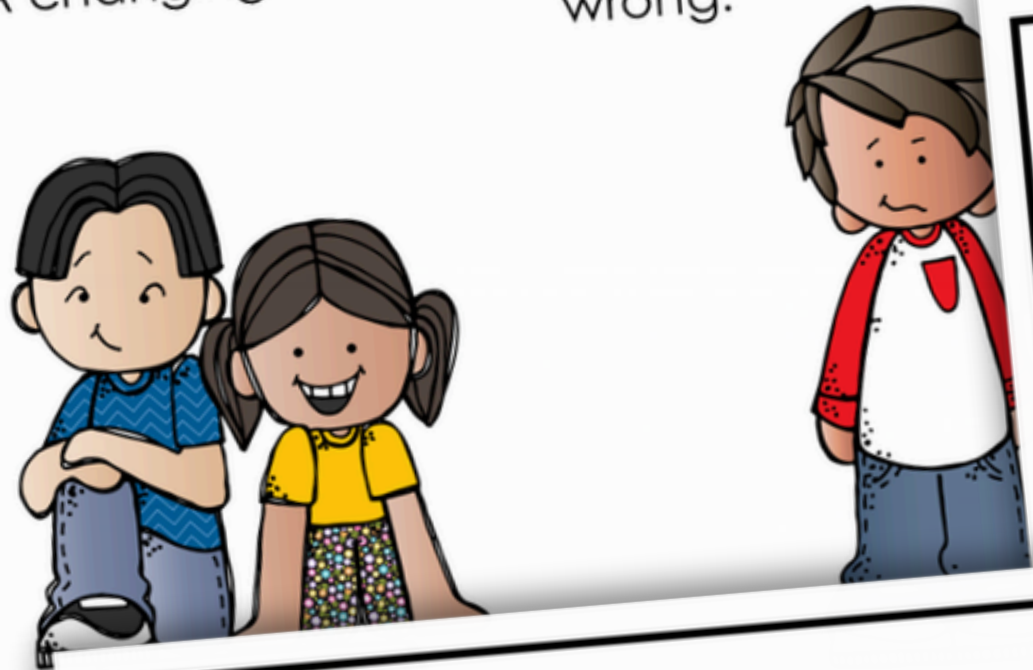
# SKILLS THIS STORY SUPPORTS



- Emotional Awareness
- Perspective-taking
- Flexible thinking
- Coping with change
- Self-confidence
- Friendship resilience

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

Friendships can change as people grow. Sometimes friends like different things or try new games. A changing friendship does not mean I did something wrong.



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

I can use calm words to share how I feel. I might say, "I miss playing with you." I might say, "Can we play again sometime?" Using my words helps me feel heard.

I miss playing with you.



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

It's okay to feel sad when things change. I can remember that I am still important. I can have more than one friend.



# A CLOSER LOOK AT WHAT'S INCLUDED

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This story uses short sentences and reassuring language to help children feel safe and supported when friendships change.

Friendships can change, and that can feel hard. Change does not last forever. I can take care of my feelings and keep being kind. I am learning how to handle changes in friendships.



I can take a breath and slow my body down. I can choose something else to do or play with someone new. I can ask for help if I need it.



Pages are designed to be read aloud, discussed, and revisited as children navigate evolving social relationships.

## Story-Specific Adult Notes

When A Friendship Changes  
Friendship SEL Kit

These notes are designed to support adults in using the story *When a Friendship Changes* thoughtfully and effectively. 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 friendships can change and wrongdoing. The goal is to normalize friendship shifts, reduce self-blame, and support while protecting their sense of belonging and self-worth.

### When to Use This Story

This story is especially helpful when:

- A child is no longer playing with a former friend
- Friendship groups shift or change
- A child expresses sadness, confusion, or worry about a friendship
- Adults notice lingering feelings after social changes

### How to Introduce the Story

Introduce this story gently and without attaching it to blame or a negative outcome. Helpful language may include:

- "This is a story about how friendships can change sometimes."
- "This story helps us think about feelings that come up when things change together and see what it reminds us of."

### Key Teaching Points

Helps children in learning that:

- Changes are a normal part of growing up
- Changes do not mean something is wrong with them
- Sadness or confusion are valid feelings
- There are ways to care for themselves during change
- A change is a change from loss of worth or belonging

## Story-Specific Adult Notes

When A Friendship Changes  
Friendship SEL Kit

### How Adults Can Support the Skill

While using this story, adults can:

- Acknowledge feelings without trying to fix them
- Avoid explaining others' choices or assigning intent
- Encourage children to talk, draw, or reflect if they choose
- Gently support exploration of new connections over time

Support comfort and stability before encouraging action.

### Connection to Skill Building

This story supports ongoing skill development in:

- Emotional resilience
- Coping with change
- Flexible thinking
- Self-compassion
- Maintaining a sense of belonging

### Gentle Reflection Prompts

Choose prompts based on the child's readiness:

- "What feels different right now?"
- "What feelings come up when friendships change?"
- "What helps when things feel different?"
- "Who helps you feel connected?"

Reflection may happen through conversation, drawing, or quiet time.

### Important Adult Reminders

- Friendship changes can feel like loss to children
- Avoid minimizing or rushing acceptance
- Children may grieve friendships quietly
- Stability and reassurance support healing

Children need time and safety to adjust to change.

# DESIGNED TO MEET DIFFERENT NEEDS

## CHOOSE WHAT FITS YOUR CHILD, SETTING & GOALS

### Clear guidance for flexible use in any setting

This social story includes **adult-facing guidance** to help you use it confidently in different environments.

You'll find **story-specific notes** that explain:

- when to introduce the story
- how to read it (proactively vs. reactively)
- what skill the story is building
- how to support follow-up conversations

**These notes are written to be supportive—not prescriptive.**

### School & Classroom Use

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

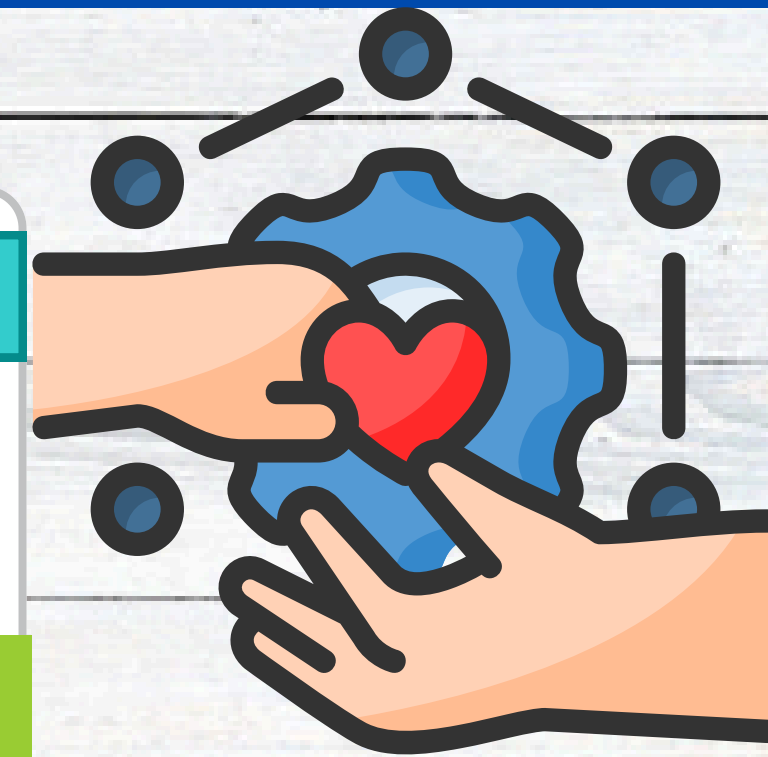
### Home & Homeschool Use

- Read together during calm moments
- Use the language from the story 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 with regulation strategies or role-play
- Support repair and emotional processing without shame

You do NOT need to use every note or page.



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### BONUS

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

# SUPPORT FRIENDSHIP SKILLS WITH CONFIDENCE

## Part of a Larger Friendship Collection

This social story is part of a growing Friendship SEL series designed to help children navigate real-life social challenges with empathy and confidence.

Use it on its own — or pair it with other stories for deeper skill building.

**FRIENDSHIP SEL KIT**  
Social Stories + SEL Tools for Building & Repairing Friendships

includes **13** social stories + SEL toolkit

**FRIENDSHIP REPAIR MINI BUNDLE**  
Friendship Social Stories for Apologies & Repair  
3 includes social stories

**COOPERATION & FLEXIBILITY MINI BUNDLE**  
Friendship Social Stories for Exclusion & Change  
3 includes social stories

**FEELING LEFT OUT MINI BUNDLE**  
Friendship Social Stories for Exclusion & Change  
4 includes social stories

**BIG FEELINGS & REACTIONS MINI BUNDLE**  
Friendship Social Stories for Managing Big Emotions  
3 includes social stories

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

When I Hurt a Friend's Feelings (A Friendship Social Story)

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

Feelings Are Messages  
Feelings tell me what is happening inside me

happy sad silly mad excited embarrassed

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# 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