

# SOCIAL STORY TO SUPPORT FRIENDSHIP & SOCIAL SKILLS

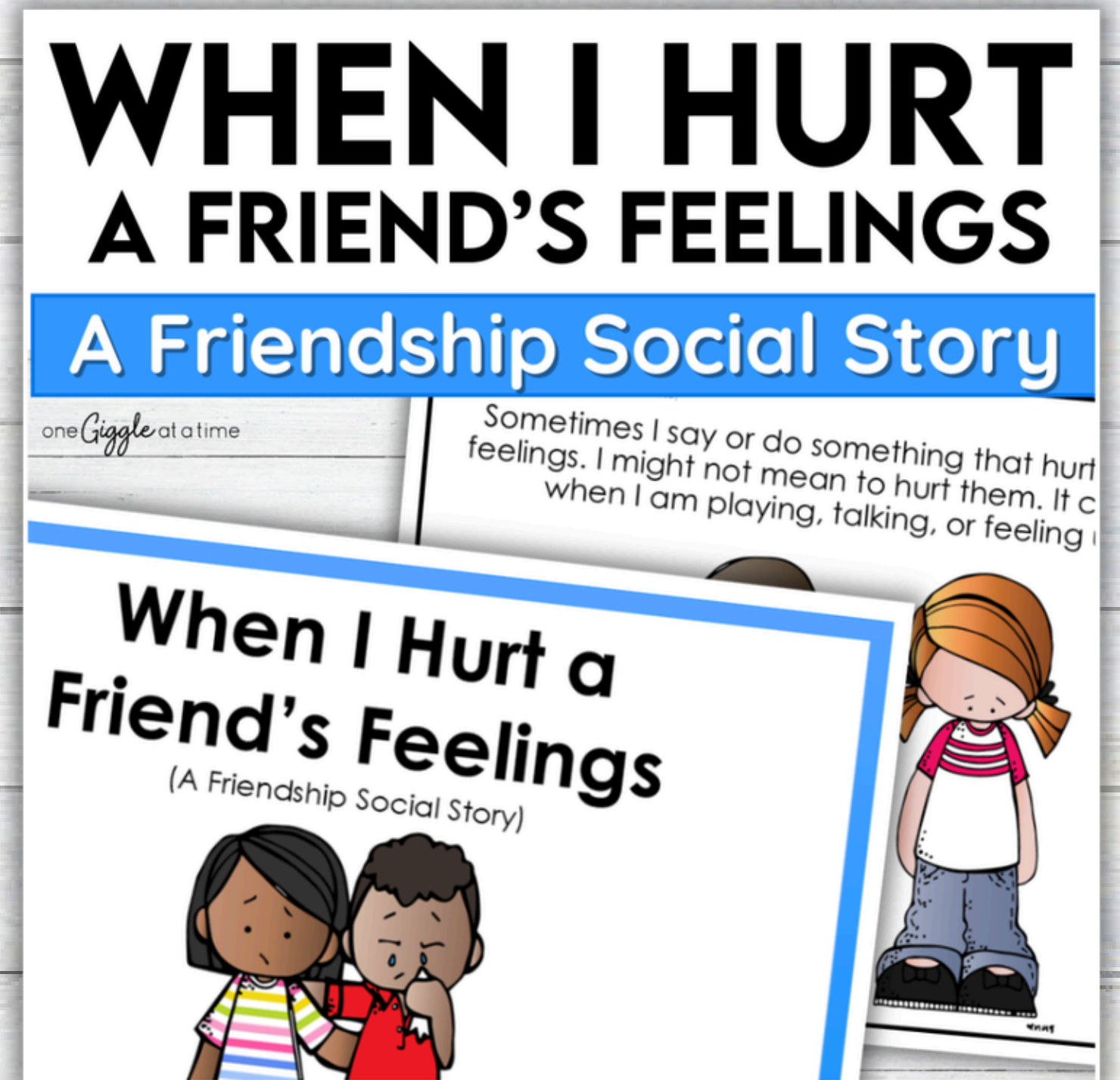
Everyone makes mistakes — even with friends.

This social story helps children understand what to do when they hurt a friend's feelings, how to take responsibility in a safe way, and how to work toward repairing the friendship.



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

oneGiggle at a time



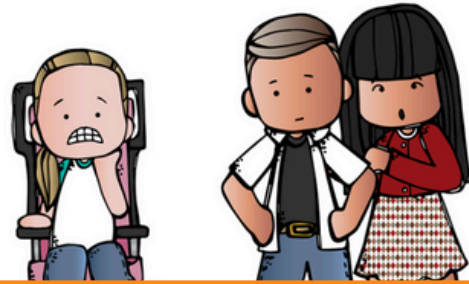
# WHAT'S INSIDE THIS RESOURCE

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



Child-friendly social story

Sometimes people make mistakes. Hurting someone's feelings does not mean I am a bad person. But it does mean someone got hurt, and that matters.



Clear, supportive language

Sometimes I say or do something that hurts a friend's feelings. I might not mean to hurt them. It can happen when I am playing, talking, or feeling upset.



Real-life friendship situations

I can stop and listen to how my friend feels. I can give them space if they need it.



Repair-focused problem solving

When I notice I hurt a friend's feelings, I can use honest words. I might say, "I am sorry." I might say, "I didn't mean to hurt your feelings." I can ask, "Can I try again?" Using these words helps my friend know I care.



Clear examples of what to say

When I hurt a friend's feelings, I might feel surprised. I might feel sad, worried, or uncomfortable. My friend might feel hurt, mad, or upset. Those feelings are all important.



Emotional validation throughout

Story-Specific Adult Notes  
When I Hurt a Friend's Feelings  
Friendship SEL Kit

These notes are designed to support adults in using the story *When I Hurt a Friend's Feelings* 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 it is possible to hurt someone's feelings—even without meaning to—and that mistakes in friendships can be repaired.

**When to Use This Story**  
This story is especially helpful when:  
• A child realizes they have hurt a friend's feelings  
• A peer expresses sadness, anger, or withdrawal after a mistake  
• A child feels guilty or worried after a mistake  
• Adults want to support repair without forcing an apology  
This story works best when read **after emotions have subsided**.

**How to Introduce the Story**  
Introduce this story in a calm, supportive way. Avoid using helpful language that includes:  
• "This is a story about what can happen when someone makes a mistake."  
• "This story helps us learn what to do after a mistake."  
• "Let's read this together and see what it makes us think."  
The focus is understanding and learning, not punishment.

**What This Story is Teaching**  
This story supports:  
• People control  
• Listening and understanding  
• Repair and responsibility  
• Empathy

### Story-Specific Adult Notes

When I Hurt a Friend's Feelings  
Friendship SEL Kit

**How Adults Can Support the Skill**  
While using this story, adults can:  
• Help children calm down before talking about what happened  
• Support children in listening to the other person's feelings  
• Model language for taking responsibility  
• Allow space for repair to happen over time  
Support reflection and empathy before expecting action.

**Connection to Skill Building**  
This story supports ongoing skill development in:  
• Empathy  
• Accountability  
• Perspective-taking  
• Emotional regulation  
• Friendship repair  
Revisiting this story helps children learn that mistakes can become learning moments.

**Gentle Reflection Prompts**

I can say, "I'm sorry." I can say, "Can I try again?" I can listen and use kind words.








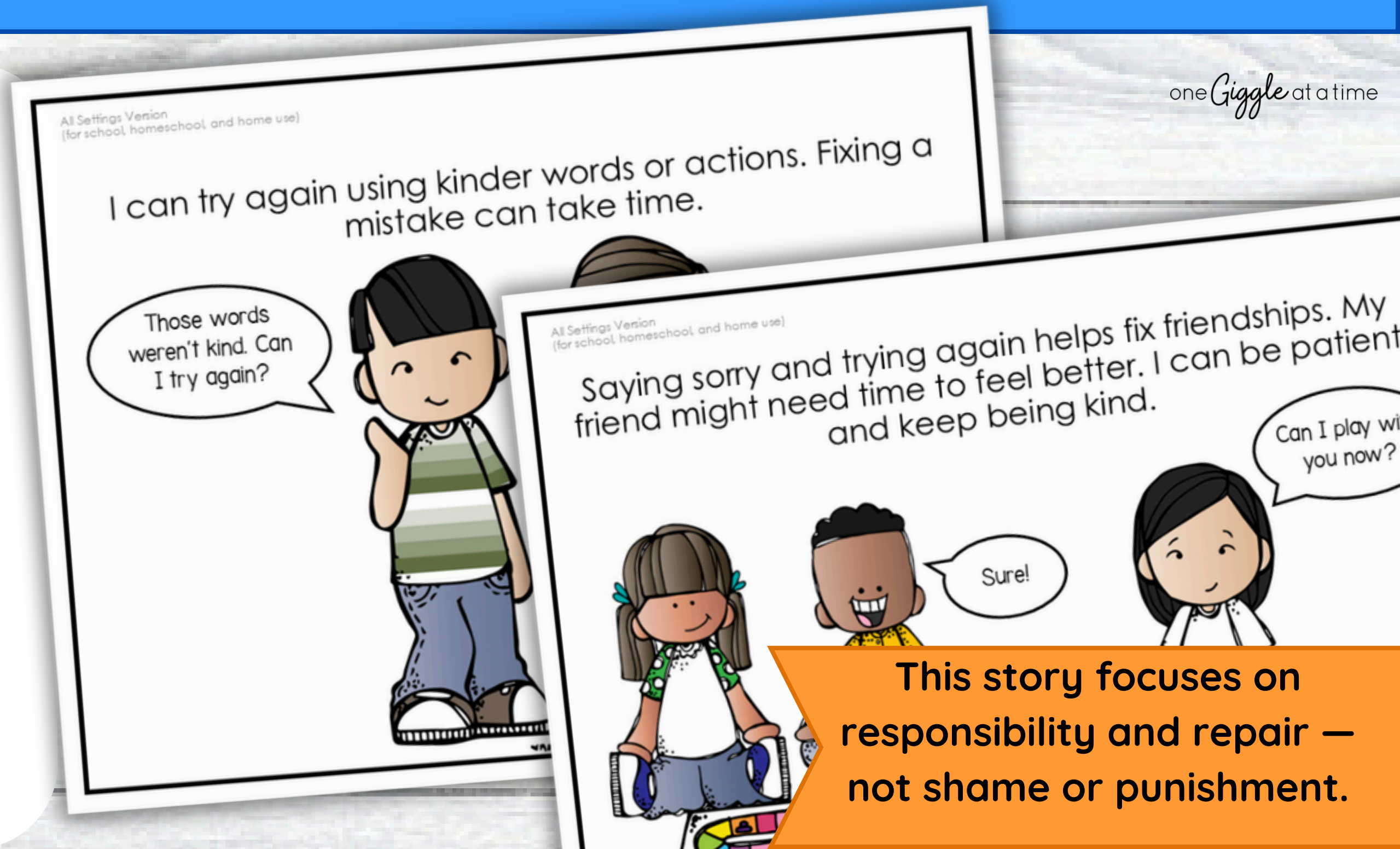
Simplified PreK-K version included

Easy to use across school, home, and counseling settings

# HELPS CHILDREN NAVIGATE HURTING A FRIEND'S FEELINGS

one Gigggle at a time

-  Realizing their words or actions caused hurt
-  Feeling embarrassed, guilty, or unsure what to do
-  Wanting to fix the problem but not knowing how
-  Worrying the friendship is ruined
-  Avoiding the friend instead of repairing the relationship



This story focuses on responsibility and repair — not shame or punishment.

# WAYS TO USE THIS SOCIAL STORY

Read during calm moments

Use after hurt feelings occur

Support counseling sessions

Share with families for home use

Revisit when similar situations happen again

Include in SEL lessons

## When I Hurt a Friend's Feelings

(A Friendship Social Story)



**HELPFUL**  
for learning how to  
repair friendships  
over time.

**NO MATTER THE SETTING!**

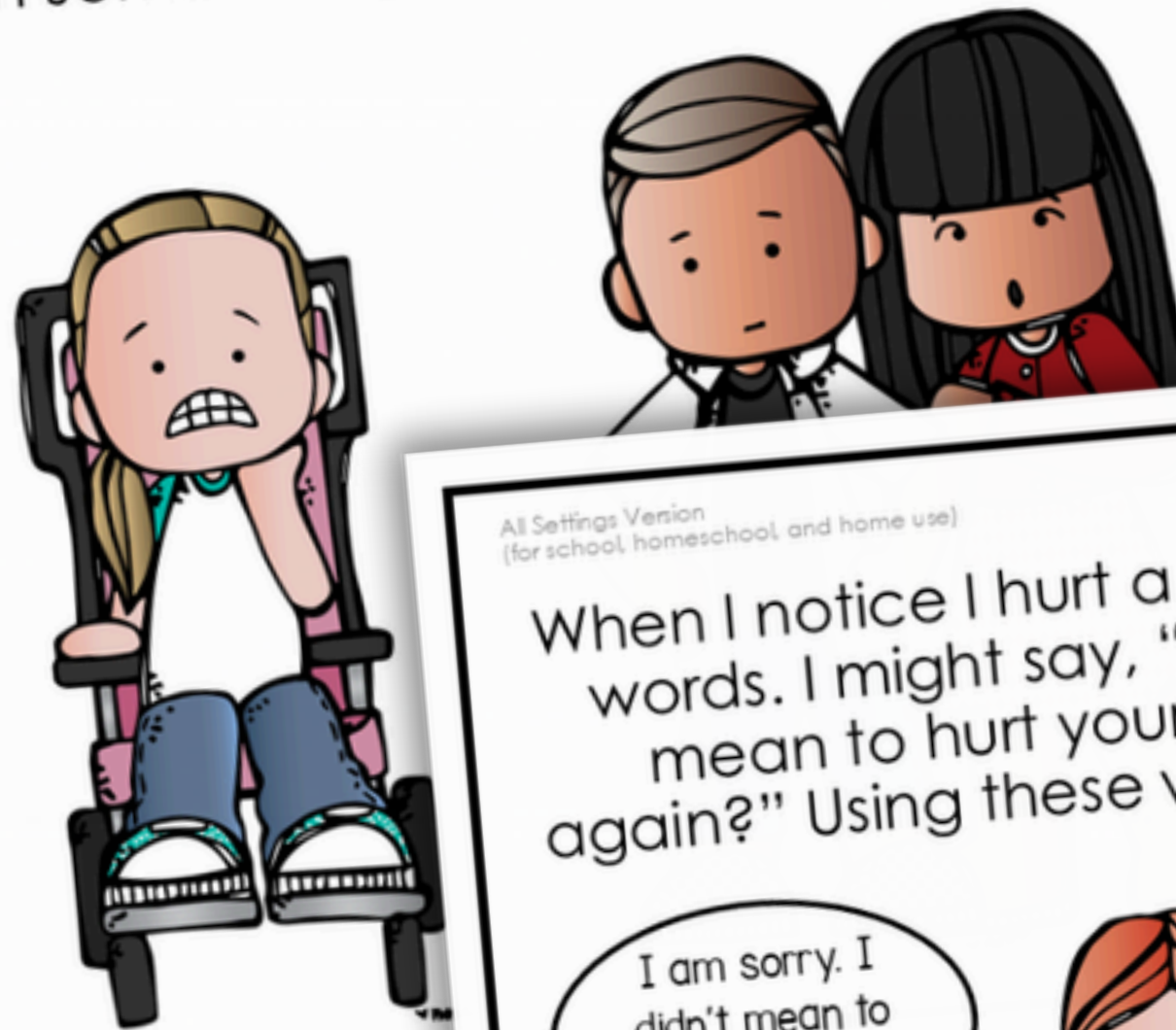
# SKILLS THIS STORY SUPPORTS



- Taking Responsibility
- Calm communication
- Emotional Awareness
- Empathy
- Apology and repair skills
- Friendship problem-solving

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

Sometimes people make mistakes. Hurting someone's feelings does not mean I am a bad person. But it does mean someone got hurt, and that matters.



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

When I notice I hurt a friend's feelings, I can use honest words. I might say, "I am sorry." I might say, "I didn't mean to hurt your feelings." I can ask, "Can I try again?" Using these words helps my friend know I care.

I am sorry. I didn't mean to hurt your feelings.



# A CLOSER LOOK AT WHAT'S INCLUDED

oneGiggle at a time

This story uses reassuring language and clear examples to help children understand that making mistakes is part of learning — and that friendships can heal through honest, kind repair.

## Story-Specific Adult Notes

When I Hurt a Friend's Feelings  
Friendship SEL Kit

These notes are designed to support adults in using the story *When I Hurt a Friend's Feelings* 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 it is possible to hurt some friendships and that friendships can be repaired. The goal is to support accountability without shame, help children listen, responsibility, and trying again.

### When to Use This Story

This story is especially helpful when:

- A child realizes they have hurt a friend's feelings
- A peer expresses sadness, anger, or withdrawal after an interaction
- A child feels guilty or worried after a mistake
- Adults want to support repair without forcing an apology

### How to Introduce the Story

Introduce this story in a calm, supportive way. Avoid framing it as a "bad person" story. Helpful language may include:

- "This is a story about what can happen when someone's feelings get hurt."
- "This story is about how to do better after a mistake."
- "Think about..."

## Story-Specific Adult Notes

When I Hurt a Friend's Feelings  
Friendship SEL Kit

### How Adults Can Support the Skill

While using this story, adults can:

- Help children calm down before talking about what happened
- Support children in listening to the other person's feelings
- Model language for taking responsibility
- Allow space for repair to happen over time

Support reflection and empathy before expecting action.

### Connection to Skill Building

This story supports ongoing skill development in:

- Empathy
- Accountability
- Perspective-taking
- Emotional regulation
- Friendship repair

### Gentle Reflection Prompts

Choose prompts based on the child's readiness:

- "How do you think your friend felt?"
- "What part of this felt hardest?"
- "What could help fix things over time?"
- "What does trying again look like?"

### Important Adult Reminders

- Avoid shaming or lecturing
- Do not require immediate apologies
- Repair is a process, not a moment
- Children learn empathy through support, not pressure

Feeling safe helps children take responsibility.

These notes are to be paired with the story *When I Hurt a Friend's Feelings*.

Pre-K-K Simplified Version  
(For school, homeschool, and home use)

Everyone makes mistakes. I am learning how to fix friendships.



Pre-K-K Simplified Version  
(For school, homeschool, and home use)

I can say, "I'm sorry." I can say, "Can I try again?"  
I can listen and use kind words.

I am sorry. I didn't mean to hurt your feelings.



Pages are designed to be read aloud, discussed, and revisited as children practice responsibility and empathy.

# 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

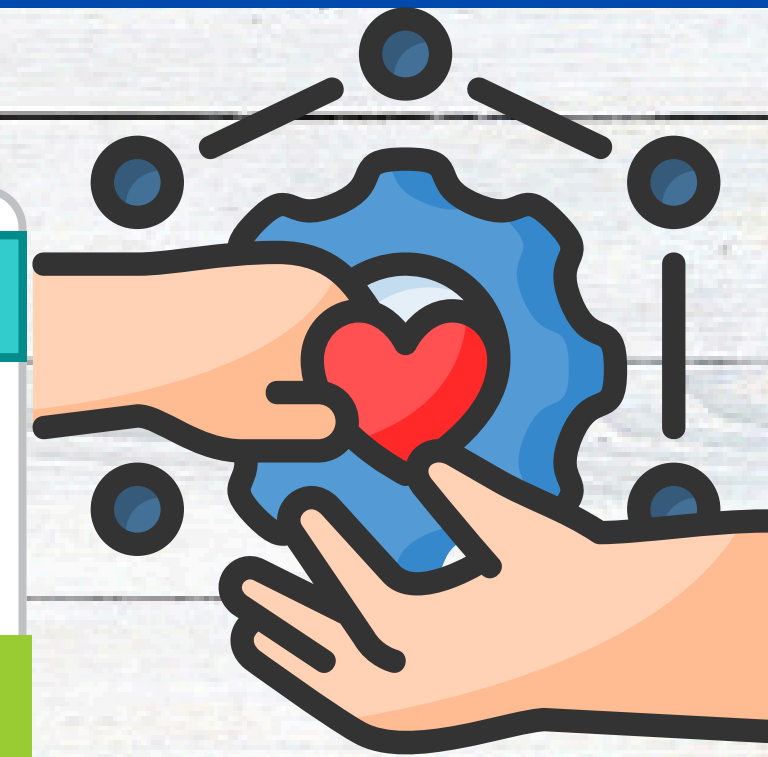
### Home & Homeschool Use

- 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.



oneGiggle at a time

### 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.

The image displays a collection of social stories and SEL tools. On the left, three 'MINI BUNDLE' covers are shown: 'FRIENDSHIP REPAIR' (3 stories), 'FEELING LEFT OUT' (4 stories), and 'BIG FEELINGS & REACTIONS' (3 stories). In the center, another 'MINI BUNDLE' cover for 'COOPERATION & FLEXIBILITY' (3 stories) is visible. On the right, a large graphic for the 'FRIENDSHIP SEL KIT' is featured, containing 'Social Stories + SEL Tools for Building & Repairing Friendships'. This kit includes 13 social stories and an SEL toolkit. Visible social story titles include 'When I Don't Agree With My Friend', 'When I Hurt a Friend's Feelings', 'When Someone Won't Play With Me', 'My Body Clues', and 'Ways I Can Calm My Body'. The 'one Giggle at a time' logo is present at the bottom of the kit graphic.

### FRIENDSHIP SEL KIT

Social Stories + SEL Tools for Building & Repairing Friendships

includes **13** social stories + SEL toolkit

# 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