Words I can practice

You can try a small invitation.
Someone may say yes, no, or not now.
Their answer does not decide your worth.

“Can I play, too?” My own words:

“Want to sit with me?” My words:

A person I could practice with:

I can try another time or ask a grown-up to help me join in.

Friends can change. My feelings count.

A friend may move, choose a new activity, or spend time with other people.
It can hurt, even when nobody is mean.

“I miss my friend and feel left out. Can you listen and help me think about what to do?”

If someone keeps hurting, threatening, or leaving you out on purpose, tell a safe adult. You do not have to fix it.

A grown-up I can talk to:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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www.progresscounselingprograms.com

When Friendships Change

I can miss a friend.
I can make room for connection.



A small hello can be a place to begin.

Progress is Progress LLC

Mile or a Millimeter

01 / DRAW IT OR WRITE IT

My friendship comic

Draw a story about joining in.
You can use stick people, speech bubbles, or just a few words.

1. I notice someone I could join.

2. I try some words.

3. I get support or try a next step.

One attempt does not have to be perfect.

02 / SOMETHING TO TRY

How I want to feel



Friends can enjoy different things.
Look for people who make room for you and listen when you say stop.

A kind thing a friend could do:

A kind thing I can offer:

A place to meet welcoming people:

I can be myself and keep learning.

03 / MY SMALL PLAN

One small connection

Pick something that feels possible.
A grown-up can practice with you.
You do not have to do all of these.

- ☐ Say hello to someone.
- ☐ Invite someone to a game.
- ☐ Try a club or shared activity.
- ☐ Ask an adult to help me join.

My small step:

Who can help me try:

“Can you practice with me before I try it?”