



DUH BRUH

Be kind. Be brave. Be you.

MY FRIENDSHIP CHECKLIST

Every Day, I'm Going to **SOAR!**



Name: _____ ★ Teacher: _____ ★ Date: _____

★ BE A GREAT FRIEND

- ☐ Smile at someone new.
- ☐ Learn one new classmate's name.
- ☐ Invite someone to sit with you.
- ☐ Include someone who is by themselves.
- ☐ Make a new friend.
- ☐ Spend time with an old friend too.
- ☐ Cheer someone on.
- ☐ Say "Good morning!"
- ☐ Use kind words.
- ☐ Give one genuine compliment.

♥ SHOW RESPECT

- ☐ Listen when others are talking.
- ☐ Raise my hand before speaking.
- ☐ Use good manners.
- ☐ Share classroom supplies.
- ☐ Respect everyone's differences.
- ☐ Keep my hands to myself.
- ☐ Follow classroom rules.

☺ SOLVE PROBLEMS THE DUH BRUH WAY

- ☐ Think before I speak.
- ☐ Walk away from drama.
- ☐ Be brave enough to apologize.
- ☐ Forgive mistakes.
- ☐ Ask for help when I need it.
- ☐ Help someone else.
- ☐ Choose kindness.

📖 READY TO LEARN

- ☐ Bring my backpack.
- ☐ Bring my homework.
- ☐ Charge my device (if needed).
- ☐ Bring a positive attitude.
- ☐ Try my best every day.

**Be Kind
Be Brave
Be You!**

★ TODAY'S FRIENDSHIP CHALLENGE

Write the name of someone new you talked to today:

One kind thing I did today:

One kind thing someone did for me:

♥ DUH BRUH PROMISE

I promise to...

- ♥ Make new friends.
- ♥ Keep my old friends.
- ♥ Include everyone.
- ♥ Choose kindness.
- ♥ Respect others.
- ♥ Be brave enough to do the right thing.

One step at a time...
I'm learning how to SOAR!

🍏 TEACHER CORNER

Today's DUH BRUH Goal

- ☐ I welcomed someone new.
- ☐ I included others.
- ☐ I solved a problem kindly.
- ☐ I showed respect.
- ☐ I helped a classmate.

Teacher Initials: _____

Good friends make every day better.

THREE IS NOT A CROWD!