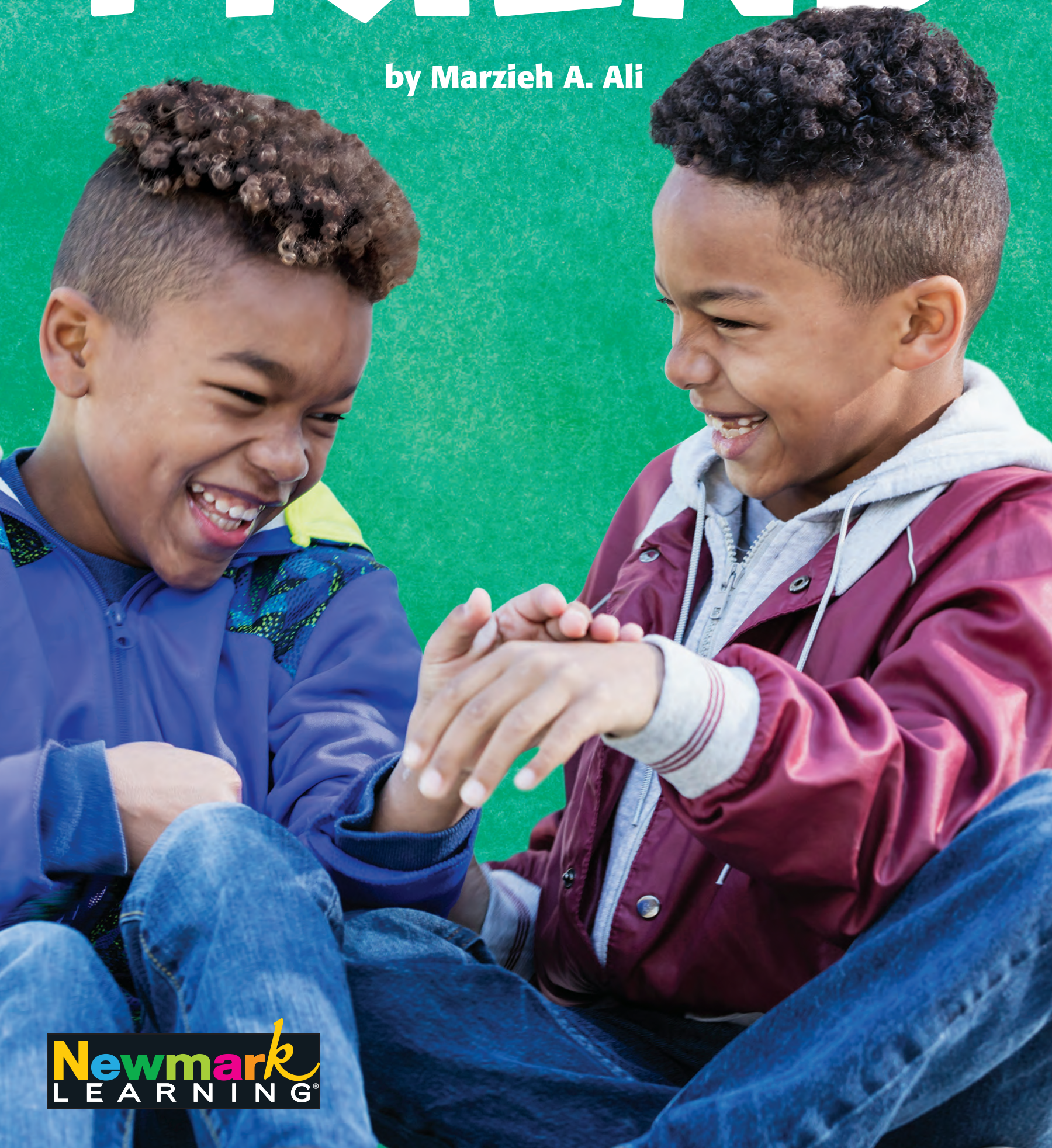
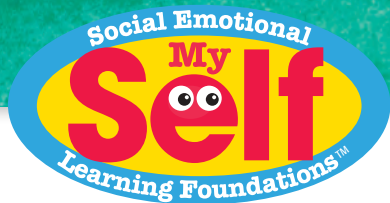


I'm a Good FRIEND

by Marzieh A. Ali





SET THEME:

I Respect Differences

Build Social and Emotional Intelligence

To help children appreciate differences and show empathy and compassion:

- Explain what attention-deficit and hyperactivity disorder (ADHD) is.
- Help them respect and befriend others whose needs are different than theirs.
- Ask them to share the things that make them a good friend.
- Have them talk about what makes their differences special.

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How to Read This Book with Children

- 1 Read aloud the title. Talk about how to be a good friend.
- 2 Read aloud the book with children.
- 3 Talk about what children like about their friends.
- 4 Ask children to describe how the children in the book are good friends to one another.
- 5 After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6 Guide children to connect the story to their own experiences.



I'm a Good **FRIEND**

by Marzieh A. Ali



My school has lots of children. And we learn differently. Some of us have different challenges in and out of school.



We work extra hard staying focused on an activity. Or we feel the need to be on the go. We can't sit still.



We have a hard time paying attention to the teacher. Some of us are people with ADHD. That means we have a difficult time staying focused and organized without help.



But with help, we can do it! One way is to have our good friends support us. It's important to help each other.



This is my friend. He needs help to focus on one thing for a long time. I'm his class buddy. We work together on class projects.



We use a timer to break the project into smaller chunks. We take short breaks to help him stay focused. I like taking the breaks, too!

