

SOCIAL-EMOTIONAL LEARNING · Y5/Y6/Y7 / GRADES 5-6

# Friendship Changes in Y6/Y7

An honest conversation pack

## The reality nobody talks about

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## Why friendships change

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**The grief part**

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**Class activity — Y5/Y6/Y7**

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**What helps your child through it**

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### Specific scenarios

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### What kids should know

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## If your child is struggling with friendship changes

- Listen without rushing to fix
- Acknowledge that friendship changes are real losses
- Encourage openness to new friendships
- Give it 6 weeks of secondary before assuming there's a problem
- If your child seems consistently unhappy, escalate to pastoral team
- Name the feelings — sad, lonely, jealous, angry, all valid
- Encourage staying in touch with old friends they want to keep
- Don't push — friendship pressure makes it harder
- If after 6 weeks no friendships have formed, talk to the form tutor
- Don't dismiss with 'you'll make new friends' — children hear that as 'your old ones don't matter'

