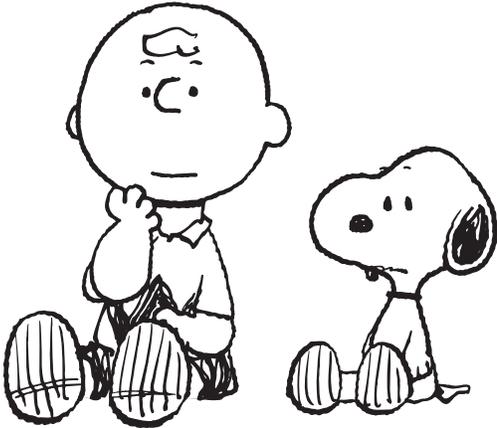


# PEANUTS®

TAKE CARE  
OF  
**EACH  
OTHER**

## A FRIEND IS SOMEONE WHO LISTENS



Active listening is a great way to support friends and show them how much you care. Learning to listen to others can even help you take care of yourself as a reminder to check in and talk about your feelings. These two activity sheets—Journal to Listen and Active Listening Scavenger Hunt—can help you hone your active listening skills to care for yourself and each other!

Don't forget to share your activities on social media!  
#TakeCareWith Snoopy |  @snoopygrams |    @Snoopy

## JOURNAL TO LISTEN

1. Having a friend to listen in a time of need is a great way to feel better, but if you don't have a friend around you can still share your feelings! This journal is a way to practice expressing your feelings so they don't get stuck inside!
2. Find a quiet space and use the journal template provided on page 2 to express how you are feeling. Feel free to answer all or only some of the prompts.
3. Print out as many pages as you would like and complete them as often as you want. As you journal, staple the pages together to create a booklet!

## ACTIVE LISTENING SCAVENGER HUNT

1. Being a friend who listens is all about asking questions, checking in, and being there for someone in a time of need.
2. Use the scavenger hunt provided on page 3 to check in with others and yourself. You can bring it to school and listen to your friends and teachers, talk to family, neighbors, or anyone else in your life. Don't be afraid to call someone on the phone!
3. When you have completed the scavenger hunt, hang it on your wall to remind yourself of how to be a good listener and supportive friend!

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## MY JOURNAL

Today I am feeling:

One thing I am grateful for is:

One good thing that happened today:

One thing I wish was different  
about today:

One thing I am looking forward to:

Use this tall space to draw your day!

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## ACTIVE LISTENING SCAVENGER HUNT

- Ask one person, “How was your day today?”
- Ask one person, “Is there anything that has been worrying you lately?”
- Say to someone, “Tell me about a time you were really proud of yourself.”
- Take 10-15 minutes and complete the journal on page 2 (remember listening to yourself is important too!)
- Tell someone you are grateful for their friendship and why.
- Sit down and write a letter to someone you haven’t seen in a while. There is nothing better than getting a letter in the mail from an old friend!
- Ask one person to tell you their rose, thorn, and bud of the day. A rose is one good thing, a thorn is one not so good thing, and a bud is something you are looking forward to!
- Ask someone, “What is one thing that brings you joy?”

