

I LOST MY BFF

A book about jealousy and rejection within friendships

by JENNIFER LICATE

Illustrated by SUZANNE DEAKY



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I Lost My BFF

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Chapter 1

My FRIENDSHIP

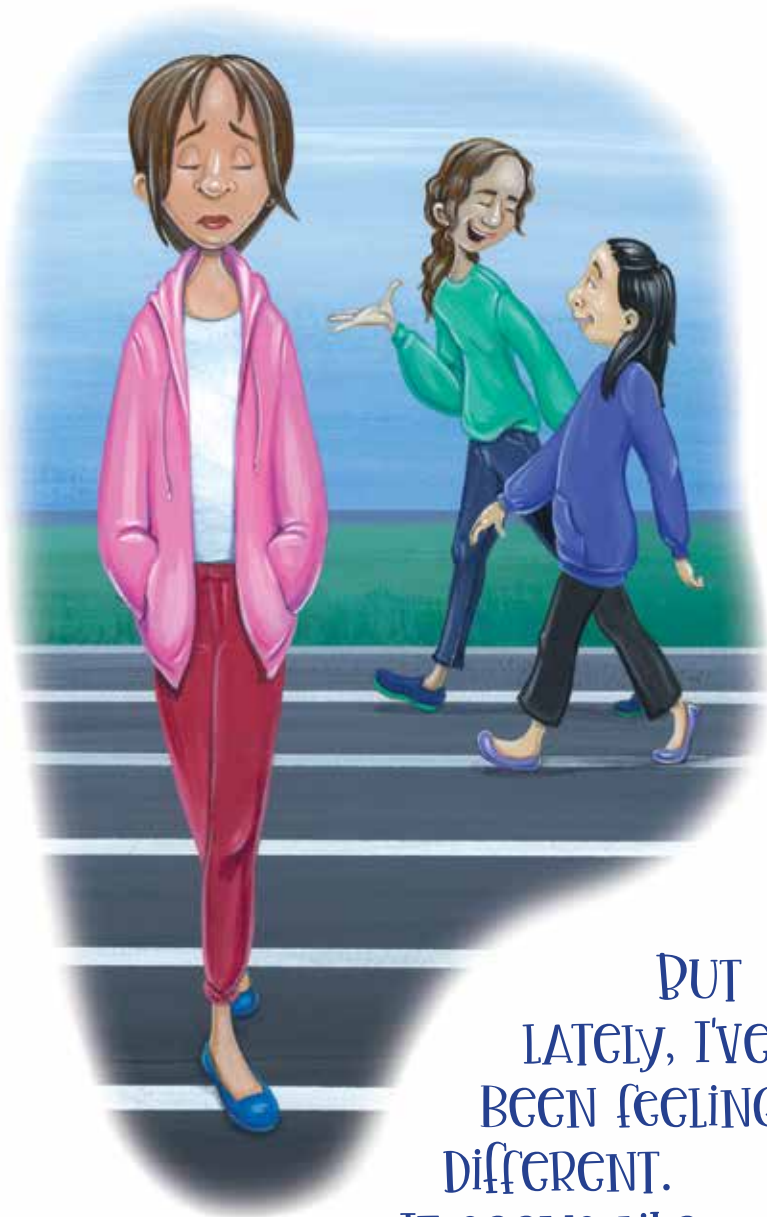
My NAME is SOPHIA AND I HAVE A BEST FRIEND NAMED CAMILA. WE DO EVERYTHING TOGETHER AND HAVE SO MUCH FUN! WE WATCH MOVIES AND PLAY VIDEO GAMES TOGETHER. OUR FAVORITE THING TO DO IS IMAGINING WE'RE FAMOUS HOLLYWOOD SINGERS AND WHAT OUR LIFE WOULD BE LIKE!

Even though we aren't in the same class this year, we get to see each other a lot at school. Every day we eat lunch together and hang out during recess.

I feel really lucky to have a best friend. I know I always have at least one friend so excited and happy to see me at school. I never feel nervous to walk over to a group of kids if she's there, because I know I'm always welcome. And, I trust her. I can tell her anything... funny stories, embarrassing stories, if I feel sad, dreams, goals I have for myself, really... anything. And, I never worry she'll judge me or think less of me. I'm totally myself with Camila.

I haven't always had a best friend. When I was in kindergarten, there were only four girls in my class. The girls were always fighting about little things and it seemed like they were never getting along. I never knew who would be fighting by the end of the day. There was always some drama. That made it really hard to make friends.

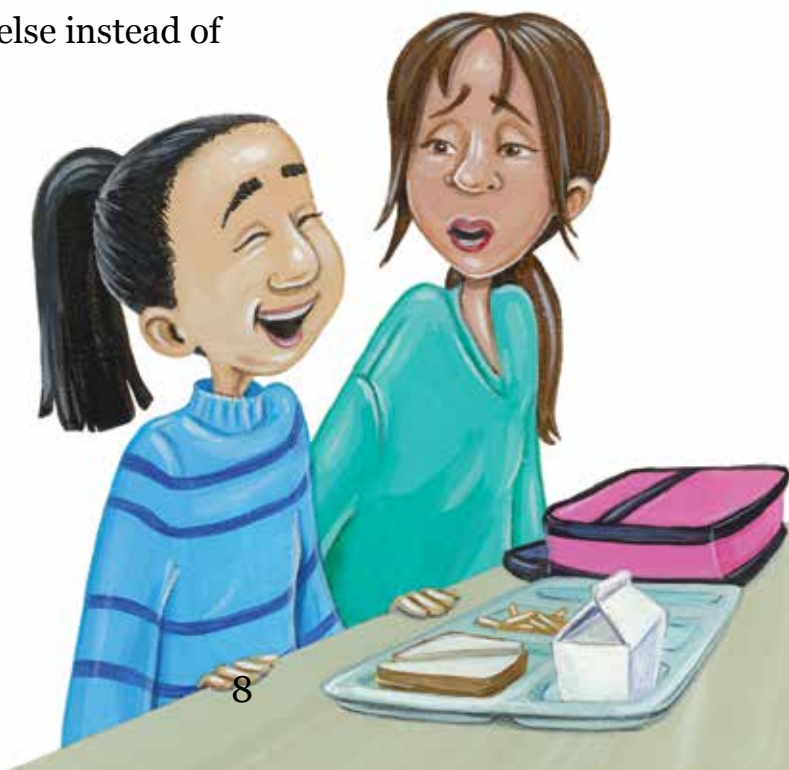
Camila moved to my school in first grade, and she didn't like the fighting or the drama either. I was so excited to have a friend who felt the same way as I did. Camila and I just wanted to have fun, not argue about little things. We became friends right away and have been best friends ever since.



BUT
LATELY, I'VE
BEEN FEELING
DIFFERENT.
IT SEEMS LIKE
SOMETHING HAS CHANGED WITH
OUR FRIENDSHIP. SOMETIMES WHEN

I WALK OVER TO CAMILA WHEN SHE'S WITH A GROUP OF OTHER KIDS, IT DOESN'T SEEM LIKE SHE'S SO EXCITED TO SEE ME. SHE'S STILL NICE, BUT SHE'S ACTING DIFFERENT. I'M WORRIED SHE'S MAD AT ME OR THAT SHE'S NOT MY BEST FRIEND ANYMORE.

It was just a feeling I had until about a week ago. During recess, Camila told me she wanted to walk around on the track with Christabel instead of hanging out with me. Camila has never told me she'd rather hang out with someone else instead of



me! It hurt my feelings! Why would she rather hang out with Christabel, instead of me, her best friend? She didn't even invite me to walk with them. I was too nervous and hurt to invite myself or ask Camila if I could join them. I didn't have any other friends to hang out with at recess because I always only hung out with Camila during recess. I spent the whole time walking around, looking for something to do. I didn't know what to do without her.

Being alone during recess was so sad and boring. But it got even worse. A few days ago, Camila invited Christabel to eat lunch with us.

Why would Camila do that? We always ate lunch together, just us! Wasn't she having fun at lunch with me? Why wasn't our lunch good enough? Now, I'm not having fun at lunch, with Christabel sitting with us! Camila and Christabel are in the same class so all they do is talk about what happened in their class. They have all these inside jokes.



I'M LEFT OUT OF THE CONVERSATIONS SO I JUST SIT THERE QUIETLY.

I was hoping they'd notice how quiet I was and try to include me in their conversation. But, they didn't seem to notice. One day, they spent the whole lunchtime talking about how funny their substitute teacher was. I tried to join their conversation by saying, "Tell me one of the funny stories." But they acted like they didn't even hear me. Even when I tried to join their conversation, it didn't work! It made me so sad it was even hard to eat my lunch.

My mind raced about the reasons why I wasn't being included. Were they purposefully ignoring me? Did they not hear me? I thought I said it loud enough. Why wouldn't they want me included in their conversation? Why does Camila even like Christabel? Does she like Christabel better than me? Why would she rather hang out with Christabel over me?

I don't understand why my best friend is acting different. Every time I try to hang out with them, I feel excluded. Do they even want me there

with them or are they trying to show me they don't?

Why wouldn't Camila want to be best friends with me, like we were before? It's been making me sad and angry. Wait... is Camila really not my best friend anymore?

I am really confused and not sure what to think.



Chapter 2: My STRATEGIES

I HAVE BEEN REALLY WORRIED ABOUT LOSING CAMILA AS MY BEST FRIEND. I WOULD MISS HAVING A BEST FRIEND AND HANGING OUT WITH HER. SO, I DECIDED I NEEDED TO DO SOMETHING TO HELP OUR FRIENDSHIP. I'll just invite Camila over to my house. But I still have some doubts: If we hang out without Christabel, will things be back to normal? Maybe our friendship just feels different this year because we're not in the same class?

Pages 14-39 are not included in this excerpt.

SOPHIA AND CAMILA HAVE BEEN THE BEST OF FRIENDS FOR A LONG TIME NOW - SINCE FIRST GRADE!

They do EVERYTHING together. They like the same things, and they always have fun!

So imagine Sophia's surprise when Camila starts spending more time with Christabel, and it's interfering with Sophia and Camila's time together. All of this change is hard, and Sophia finds herself wondering why. Does this mean Sophia did something wrong? Does it mean Camila likes Christabel better? Sophia finds herself thinking... I LOST MY BFF.



Sophia decides to try some different strategies, and with help from her mom, starts to figure out how friendships change over time.

Through honest conversations and open-mindedness, Sophia, Camila, Christabel, and Jewel soon learn that it's okay for friends to have other good friends, and not everyone needs to like to do the same things all of the time. If they are kind and respectful toward one another, their friendships can grow and change.

This quick-read chapter book is part of the Navigating Friendship series, which is great for students in Grades 4-7 who are struggling with changing friendships, learning about self-advocacy, and figuring out how to get along with others.



JENNIFER LICATE received her master's degree in school counseling from West Chester University and has worked as a school counselor for more than ten years. Jennifer works with children from kindergarten to 12th grade. She channels her love of counseling and creativity to craft children's books with relatable characters and situations. Her aim is to help children of all ages navigate the challenges of growing up.

SUZANNE BEAKY studied illustration at Columbus College of Art and Design.

Her expressive illustrations are commissioned by children's book, magazine and educational publishers worldwide. She has received a number of awards and lives in Pennsylvania with her husband.