



PARENT GUIDE

Buddy Acres: Friendliness Story Pack 2

Hi Parents!

This quick guide will help you understand what your child will be experiencing in the Buddy Acres Friendliness Story Pack #2 for Buddy Quest. It includes a brief overview of what your child is learning, as well as all the instructions and notes for their Real Hero Quests.

We want to make YOUR experience with Buddy Quest fun and easy, too. You will:

- 1. Receive notifications when your child has been given a “Real Hero Quest” in the game. They’ll be assigned one simple task in their real lives that reinforces the virtue they’re learning.**
- 2. Be prompted to have a simple chat with your child about the task. It’s a great chance for you to affirm the good things your child is doing.**
- 3. Tap your approval that the Real Hero Quest is done. This will let your child proceed in the game.**

That's it! The more your child plays and experiences Buddy Quest, the more they'll understand how virtues will make them a new kind of superhero.

After completing all the episodes in this Story Pack, your child will earn a Friendliness badge. Each badge is a symbol of your child's progress in mastering each virtue.

You are an awesome parent! Thanks for making Buddy Quest a part of your family's life.

Episode 7 Real Hero Quest

Your child is learning a ton about friendliness. This next Real Hero Quest is to write a thank-you note to a friend telling them why they think they're such a great friend. The current story in Buddy Quest is showing your child that friends are always worth the extra effort.

After your child completes their Quest, ask them:

“How does your friend make your life better? Share your answer as a parent, too”

After your chat, tap the “Quest Complete” button.

You’re getting good at this! Today you did a great job as a parent because you’re helping your child understand friendship on a deeper level.

Grow Deeper

Today your child wrote a thank-you note. That's a skill that will serve them well for the rest of their life. Never once in the history of the world has anyone said “thank you” too many times.

If you really want to get your family talking about thankfulness and other topics, check out the Gabbit app. It's made by the same team that brought you Buddy Quest.





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Episode 8 Real Hero Quest

Today's Real Hero Quest is a fun one. Your child has been asked to play the "A or B" game with someone in their family (you tell each other two things, one that's true and one that isn't, and the other person guesses which is true). It's reinforcing the principle that that friends have fun together.

After your child completes their Quest, take a few minutes to play the "A or B" game with them.

After your chat, tap the "Quest Complete" button.

You're making this look easy! Keep it up!

Grow Deeper

Having fun with others is simply experiencing joy together. Studies have shown that laughter is healthy for us. According to recent research, laughter increases blood flow, improves memory, and may even help prevent disease.

But science is just proving what the Bible has already told us. Scripture talks a lot about the importance of having joy in our lives. Here are a few examples:

"I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!" John 15:11

"Always be joyful." 1 Thessalonians 5:16

"Always be full of joy in the Lord. I say it again—rejoice!" Philippians 4:4

Episode 10 Real Hero Quest

Your child is learning that friends say kind and encouraging things to each other. Their Real Hero Quest for today is to be a "wingman"—ask a friend what they really like about another friend. Then go tell that other friend the encouraging thing you heard about him or her.

After your child completes their Quest, ask:

"How did your friend react when they heard the nice things someone else said about them? Why do you think we like hearing others say good things about us?"

After your chat, tap the "Quest Complete" button.

You're doing such a wonderful thing by helping your child learn the importance of saying encouraging things to their friends.

Grow Deeper

We all know how great it is to say encouraging things to each other. But one thing many families overlook is the damage caused by "innocent" teasing.

Teasing, in any form, should be off limits in a family. Even though it may be intended to be "harmless fun," and even though everyone may be laughing, teasing is nearly always destructive. It embarrasses, shames, demeans, ridicules, judges, and hurts.

Every time you hear teasing, or are tempted to do it yourself, work hard to gently put a stop to it. Replace it with words that are uplifting, loving, and wholesome.

"Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them." Ephesians 4:29

Here's a great option to replace teasing: Gabbit, the family conversation app. It's made by the same team that brought you Buddy Quest.



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Episode 12 Real Hero Quest

Today your child is discovering how it feels to do something kind for a friend—without expecting anything in return. Their Real Hero Quest is to write a short, encouraging note to a friend, but not sign their name (be anonymous).

After your child completes their Quest, tell them about a time you did something secretly for someone, not expecting anything in return. Then ask your child how it feels to give so freely.

After your chat, tap the “Quest Complete” button.

You’re being such a strong parent by helping your child explore what it’s like to give without receiving. That’s what friendliness is all about.

Grow Deeper

As our kids grow older, they often become less enamoured with our signs of affection. We hug them, but they don’t always hug us back. We kiss them on the cheek, and then they wipe it off.

That’s perfectly normal! And don’t stop! Make it a habit of showing your kids how much you love them. Whether it’s a hug, a warm pat on the shoulder, or a kiss on the forehead, don’t stop speaking the love language of physical touch with your children.

Go on—give your child a great big hug today!

Episode 14 Real Hero Quest

This is the last Real Hero Quest in this Story Pack. Your child has been learning all about the importance of friendliness.

Their Real Hero Quest is simple: thank their mom or dad for one cool thing they do for them. (You’re welcome!)

After your child completes their Quest, tell your child three reasons why you’re thankful for them.

After your chat, tap the “Quest Complete” button.

Congratulations! You’ve done a splendid job in helping your child master friendliness in throughout this Story Pack. Thank you for being a guiding light in your child’s life.

Grow Deeper

As we teach our kids how important thankfulness is to a friendship, it’s important to remember that we should be doing it, too. We can’t teach what we don’t know how to do ourselves.

Take a moment right now to text, call, or write a simple note of thanks to a friend of yours. Simply thank them for your friendship. It’s never, ever too late to send a thank-you note.

And thank YOU for making Buddy Quest a part of your life. We hope it’s making a lasting difference in your child’s behavior, and we hope Buddy Quest will continue to be a meaningful part of your relationship together.