I have thoughts and feelings about things. I have things I really like a lot.

Another opinion: broccoli is gross.

I have other things I don’t like very much. These are called my opinions.

Other people like different things. That is okay.

Examples of opinions are: Dogs are the best pets!

I can still be friends with people if they don’t have the same opinions. We are all allowed to have our own opinions.
It might make me upset if people don’t have the same opinions.

It is okay to feel upset or confused. I should remember that everyone is allowed to have their own opinions. I should respect people’s opinions.

I can still be friends with people that have opinions that are different. I can say, “I respect your opinion, but mine is different.”

And people should respect my opinions.

And that is okay!