

Discuss It: Making Friends

With a little practice, making friends can be easy.

The Making Friends guide below will help you remember how.

Read it over and then practice with your family.

Smile

So people will know you are friendly.

Compliment

So people will know you like them.

Ask Questions

So people will know you are interested in them.

Respond Positively

So people will know you can be a good friend.

Role-Play for Mom: Use the Making Friends guide above to practice making friends with your child.

Role-Play for Child: Use the Making Friends guide above to practice making a pretend friend with your mom or sibling.

Goal Setting: Set a goal to make a certain number of new friends each week for a month. As you make them, write their names on a piece of paper and post it on your refrigerator.

I will make _____ new friends each week for a month.

