

DISCUSS IT: *Making Friends*



With a little practice, making friends can be easy. The Making Friends guide below will help your kids 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

- 1 Role-Play for Mom:** Use the Making Friends guide above to practice making friends with your child.
- 2 Role-Play for Child:** Give the Making Friends guide to your child and have them practice making a friend with you or a sibling.
- 3 Goal Setting:** Set a goal for your child to make a certain number of new friends each week for a month. As they 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.