

# 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.

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### **Role-Play for Moms:** *(Students watch and give moms help)*

Use the Making Friends guide above to practice making a friend with someone in your family. You should play the role of trying to make a friend. The other person should play the role of being approached to become a friend.

**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.

