

HOW TO BE AN AWESOME FRIEND

Based on <https://kids.nationalgeographic.com/pages/article/friend>



MAKING FRIENDS

Making friends is a skill just like performing your perfect basketball shot or cooking a favorite dessert recipe. You can always improve the way you play or cook, and it's the same with making and being a friend!



1

MEETING FRIENDS

You can meet friends at your local school, park, arcade, or favorite ice cream shop. You can encounter a potential friend virtually anywhere! It may feel like a challenge to strike up a conversation with another kid you don't know, but with practice and some help from others, like a sibling or parent, it can be done! While practicing a conversation with your family member, you could say something like, "I like your backpack!", "Have you seen (insert TV show/movie), or "What is your favorite book?" By practicing potential friendly conversations with your family, you can get comfortable with conversation starters with other children you don't know.



2

BEING A FRIEND

By being a friend to others, you spread kindness in the world. Here are some ways you can practice kindness and be a friend:

- Good friends are **reliable**, so keep your promises and do what you'll say you'll do.
- Good friends **are there** when someone's happy and sad.
- Good friends **bring out the best** in other people.
- Good friends **stick together** no matter what.
- Good friends are **generous** with their things—and their time.

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Friendships don't always go smoothly. There can be fights and misunderstandings. However, there are ways to remedy the situation.

- **Step back** - If you are angry, consider removing yourself from the situation to let things settle. Step away and take a few deep breaths. If you are upset, you are more likely to say something you can't take back. Take some time to chill!

Friendship Challenge: Say "hi" to another student you don't usually talk to. You may be amazed at where it leads!

If you feel like it would helpful to talk over friendships and other issues going on in your life, tell your teacher you would like to go to counseling. Your school counselors are there to help!



3

KEEPING A FRIEND

- **Talk face-to-face** - After things have cooled off, talk to your friend face to face. Do this in a private place where others can't give you unhelpful advice or create drama.
- **Discuss it!** - Be willing to apologize for your role in the disagreement, even if it is just "I'm sorry I got mad." Listen to your friend as they explain their side of the sorry, without rolling eyes, crossing your arms, or attacking them. Often, "you said this" statements make others feel threatened. Then, talk about how you can avoid this in the future by both acting differently.

