

TIPS FOR MAKING FRIENDS

1. Take the first step by smiling at the person you'd like to meet and introducing yourself in a clear voice. ("Hi, my name's Ali. What's yours?")
2. Be friendly. Letting people know that you like spending time with them can make them enjoy spending time with you, too. ("That was a great game. We should play again sometime.")
3. Talk about interests you share. If you know someone likes a subject or activity that you also enjoy, bring it up in your conversation. ("You're in the band, aren't you? I play, too.")
4. Ask questions and listen closely to what a person says. Showing interest in someone and the things they care about can make them feel good. ("Camping sure sounds like a great time.")
5. Find positive things about new friends. Don't say things that you don't mean, but make other people see that you admire their qualities and achievements. ("That was a great answer you gave in class today.")
5. Join activities that you enjoy at school and in the community. It's hard to meet others if you spend all of your time alone in front of the TV or computer.