

# Discuss 4: 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.

