

Dear Friend,

Making and keeping friends takes lots and lots of practice. Everyone wants to have more friends, so here is a list of things you can do to make and keep friends.



HOW TO MAKE FRIENDS:

1. Smile a lot.
2. Look people in their eyes when they are talking.
3. Use a friendly voice.
4. Use an inside voice.
5. Join games and let others join, too. Use some of these words:

"May I play, too?"
 "When you have finished this game, may I play, too?"
 "What would you like to play?"
 "I'll share with you."
 "Would you like a turn?"
 "Congratulations on winning!"

6. Say nice things to other people about how well they did something or how nice they look. Use some of these words:

"I like your haircut."
 "You did a great job on the spelling test."
 "You are really good at playing basketball. Good shot!"
 "I like your shoes. They are really cool."
 "I like you because you always play fair."

7. Treat other people just like you want them to treat you!
- Once you make friends, you have to work very hard to keep them. Here is a list of things to do to keep your friends.

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HOW TO KEEP YOUR FRIENDS:

1. Smile a lot.
2. Say only nice things about your friends. Never say mean things to them.
3. All friends argue once in a while. Don't stop being someone's friend just because you disagree about something.
4. Never say mean things about your friend to others because what you say will always get back to your friend.
5. Let your friend have other friends. You do not own your friends. You share your friends.
6. Tell your friend that even if you argue, you still like him/her.
7. Don't ever tell other people whom to play with. That is their business, not yours.
8. Take turns picking a game and take turns going first.
9. Don't ever boss your friends around. You wouldn't want them to do that to you.
10. TREAT OTHER PEOPLE JUST LIKE YOU WANT THEM TO TREAT YOU!

I hope these ideas will help you make new friends and keep the friends you have. You may have to do these things for weeks and weeks before you have lots of friends, but never, ever give up! It is so wonderful that you came to someone to ask for help with making and keeping friends! Asking for help always helps you solve your problems more quickly and easily.

Take this paper home and ask an adult to help you practice these friendship tricks. GOOD LUCK!

I certainly am glad you are my friend.

