

#1 THE MAKING (OR LOSING) FRIENDS FORM

Name _____ Date _____

Directions: Check each statement that applies to you today. Try to do more things to make friends and less things to lose friends everyday.

Things I did today to help make friends:

1. _____ I offered help to someone else.
2. _____ I smiled when I passed someone.
3. _____ I said 'hello' to people that I knew.
4. _____ I looked at people directly when they spoke.
5. _____ I used good manners when I met new people.
6. _____ I asked someone to play with me.
7. _____ I said something nice to someone that I like.
8. _____ I listened quietly when someone was talking.
9. _____ I shared something I had with someone else.
10. _____ I asked someone what they wanted to do.
11. _____ I saw other kids playing and asked if I could join them.
12. _____ I did my work quietly without bothering any one.
13. _____ I followed class rules.
14. _____ I complimented someone and really meant it.
15. _____ I called someone at home.
16. _____ I invited someone over to play.
17. _____ I became interested in something new that someone else told me about.
18. _____ I thought of a new game or activity and played it with someone.
19. _____ I included someone new in a game or activity.
20. _____ I did something nice for someone, just because I felt like it.

Other Things I Did:

Things I did today to lose friends:

1. _____ I changed the topic when someone was talking.
2. _____ I was a tattler.
3. _____ I whined about things I didn't like.
4. _____ I cheated at a game.
5. _____ I interrupted someone.
6. _____ I played too rough.
7. _____ I was rude.
8. _____ I teased someone.
9. _____ I didn't listen when someone else was talking.
10. _____ I sat by myself at lunch and didn't talk to anyone.
11. _____ I wouldn't share something I had.
12. _____ I wouldn't let others share in what I was doing.
13. _____ I was in a bad mood and told people to get away.
14. _____ I played too silly for other people.
15. _____ I wouldn't do what someone else wanted.
16. _____ I watched TV or played video games in all my free time.
17. _____ I didn't feel like talking to anyone.
18. _____ I told a lie or fib about someone.
19. _____ I ignored someone that I didn't like.
20. _____ I said something mean to someone to hurt their feelings.

Other Things I Did:
