

HOW TO MAKE A FRIEND

Showing compassion & acceptance in opening ourselves to new friendships

What you can do when you see someone sitting alone or know they don't have any friends:

Introduce yourself and ask if it's okay for you to join them.

Share information about yourself so they know more about you and can feel more comfortable around you.

Ask them questions about themselves.


Say hi when you see them.

Hang out with them and find out about their interests.


Invite them to join you in a game or activity.

Ask them about their special needs (if you know they have some) and make an effort to be sensitive to these needs.


Ask how they are doing and try to see if anything is bothering them.




Hi! I'm Annie. I noticed you were sitting alone. Would you like some company?




It's cool that you collect hockey cards. I'd like to have a collection too. Maybe you can show me how you keep yours?



Is the sound bothering you? We can go somewhere else if it's too loud here?



I noticed the drawing of a train you made in class. It was amazing how you captured all the details!



I don't know what to do when you move like that. Should I wait or should I get a teacher? Is there anything I can do to help?

If you feel something is bothering them, ask if there is something that can be done to help.

Listen to what they want to share.

Compliment them when you see them do something well.

Share that you don't always know what to do or say and are open to suggestions.

Make an effort to make them feel included in conversations with other people.

Show compassion and acceptance.