

Making Friends

Making friends can be quite hard! However, there are a few things that might help you with that.

Join a group or club that you like.

A group or a club might be a good place to find friends. Other children with similar interests as you will be there and it might be easier to connect with them and become friends.

Start a conversation and respond to others when they interact with you.

It can be hard to have a first conversation with someone else. You might be thinking 'What do I say' or 'What if they don't like me'. Something that might be helpful to start a conversation is asking questions like 'What is your name?', 'How old are you?' 'What do you like to play with?' 'What do you like to do in your free time?'. It might be that another child is asking you these question. Answering to them and asking them back might be a good start.

Remember to ask questions and take turns when talking.

People like to listen to your stories, but remember they like to talk too! It is important to take turns in conversations, so that both you and the person you are talking to can speak. Asking question might be a good way to keep a conversation going in turns.

Find something you both like.

Sometimes we do have conversations with other children and we would like to talk to them again another day. It might be useful to find an activity you both enjoy and plan to do it together! For example, if you both like videogames, you could plan to meet after school and play together. So, sharing is also important. It is ok to share your things. In this example, you could share videogames.

How to deal with disagreements.

You will probably get involved in disagreements when interacting with friends. That is ok, everyone is different and you might disagree with others. It is important to remember that if you get angry, it would be best to calm down before talking to your friends. Similarly, it is important to recognise when we make mistakes and would be a good idea to say sorry if we feel like we upset our friend. Remember that discussions are normal and they don't mean you are not friends anymore, you just need to find a solution together.

Be kind, be happy for your friends and try to understand how they feel.

Being kind can be a very good way to show others that you care. You could help or compliment your friends. Similarly, if your friend gets to do something you don't get to do, you might feel a bit jealous. However, it is important to be happy for your friends and congratulate them. It is also important to connect with your friends. Trying to understand and share their feelings might help!

It is important to remember that not everyone can be a friend for all situations and that is fine. For example, we might have one friend very good at competitions, but not at keeping secrets. Similarly, if one child is not your 'best friend' that doesn't mean you cannot be friends, it just means that friendship is different.

Time for a little reflection...

What would you like to get from a new friendship?

What makes someone a good friend?

What makes you a good friend?

Does anyone at school/club share similar interests like me?

Is there any club/ group you could join?

How would I start a conversation?

How would I deal with disagreements?

How would I ask a friend to see them again?