



Learning To Make Friends

-  Learn a joke
-  Practice introductions and asking questions
-  Look for clues: if they have a dinosaur backpack, ask if they like dinosaurs
-  Smile
-  Write a list of simple games you can suggest
-  Practice talking to kids at the park
-  Ask extended family about how they made friends
-  Read books about making friends
-  Nervous? Play 'what if' to think of worst case scenarios and how you would handle them
-  Take turns inviting friends to do things together









Where To Meet Friends

-  Team sports
-  Individual sports (karate, running, swimming)
-  Classes (art, music, chess, robotics)
-  Youth groups (scouts, 4-H, church)
-  Story time or book clubs at library or book store
-  Park, playground, pool
-  Volunteering



How To Keep Friends

-  Be there for friends in good times and bad
-  Put in your share of the work
-  Be reliable
-  Be a good listener
-  Remember important details about your friend
-  Be trustworthy
-  Keep in touch
-  Tell them that you appreciate them

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