

Friendship Skills

Offering help/giving to others: Helping someone out or sharing something with them are both great ways to **show someone you appreciate them**. These are also great ways to become friends with others. You could help your classmate with a homework assignment, give someone a gift on their birthday, or offer a classmate a snack when they are hungry.

Invitations: Inviting others to spend time with you or do an activity with you is another great way to build friendships.

Asking to join in: It may be scary but asking your peers if you can join in on a conversation or an activity may be a great way to make friends. This is hard due to the fear of being rejected. Being rejected by others can hurt, but you are strong enough to handle it. Asking to join in is a great way to face this fear while also giving you an **opportunity to connect with others**.

Show empathy: Showing care to others is an important part of friendship. If someone is hurt or expresses that they are angry or sad, you may consider asking them what's wrong and offering to help.

Give compliments: People often love hearing compliments. If you think someone is nice or funny, let them know! If you have a friend who is good at drawing, tell them you like their art.