

# Making and Keeping Friends



# 3 Kinds of Friends

- **“Hi-Bye” friends** (or acquaintances)



- **Regular friends**

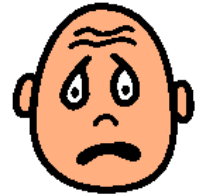
- **True, soul friends** (or best friends)



friends

# Making New Friends

- Don't be afraid!
- Make friends from acquaintances.
  - Friends of friends
- Look for opportunities!
  - Join others virtually!
  - Accept invitations!
  - Go to activities in the community.
  - Join a social group or book club.



afraid



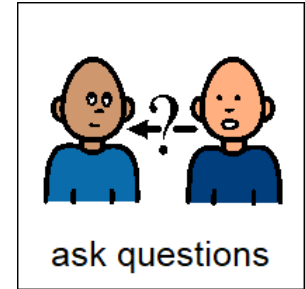
invitation



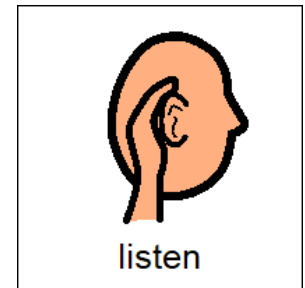
bowling

# Making New Friends

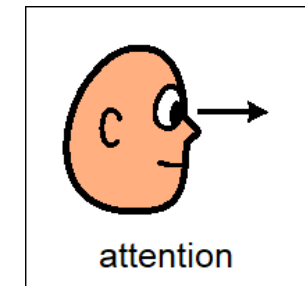
- Take the first step
  - Conversation starters



- Open your Mind
  - Listening

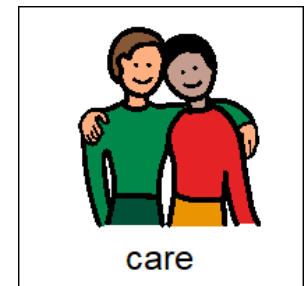
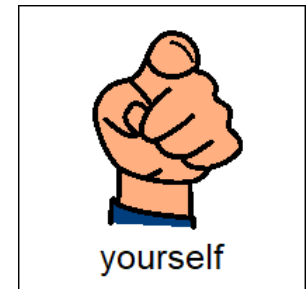
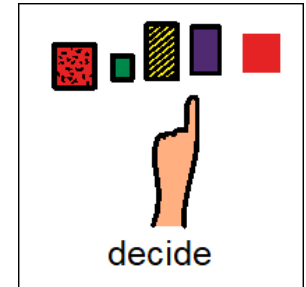


- Open Your Heart
  - Give your full attention



# Making New Friends

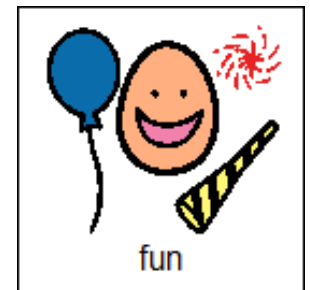
- Get to know someone before you decide if they will be a good friend or not.
- Be Yourself!
- Be there for your friend.



**The best way to  
make a friend is to  
be a friend.**



# Friends have fun together.

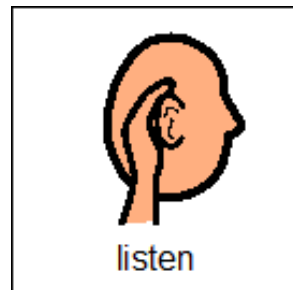


# Friends understand me.

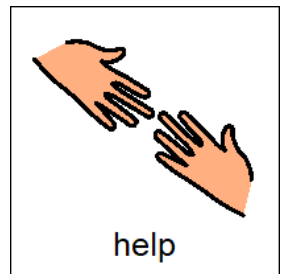




# Friends listen to each other.



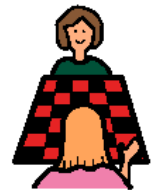
# Friends help me to be my best.



**Friends forgive each other.**

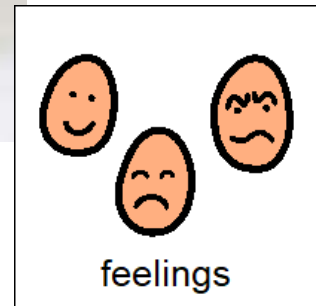


# Friends play together.



play

# Friends can talk about feelings.

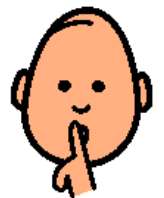


# They are my friends all the time.



friends

# Friends can sit and be quiet.



quiet

# Friends teach me new things.

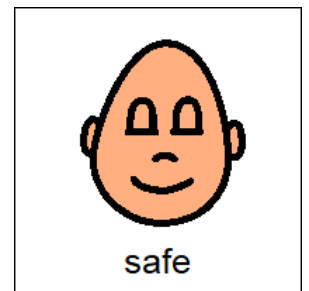




# Friends always care about me.



**I feel safe with my friends.**



# I can be myself with my friends.

