Week 5 – Developing friendships

Something almost everyone worries about when starting a new school, is making friends. It might feel scary, but remember that everyone is in the same situation and everyone is probably as nervous as you are.

**Task 1 –** Look at the qualities listed below and think about how important they are to you when choosing your friends. Colour in or shade the most important to ***you***:

|  |  |  |
| --- | --- | --- |
| accepting | Forgiving | Loyal |
| Caring | Fun | Honest |
| Sense of humour | Considerate | Cooperative |
| Good listener | a good sport | Supportive |
| Dependable | Helpful | Thoughtful |
| Easy-going | Trustworthy | Fair |
| Kind | Generous | Understanding |

Task 2 – It can be very intimidating approaching people you don’t know and making new friends. It can help to practice by thinking about good ways of starting conversations. Below is your chance to think of something that you could say to people to start a conversation.

List some of your interests that you could talk about (you can write more than 3 if you want!)



What might you share with someone new? Eg. Where you went to primary school, whether you have siblings, your favourite subjects etc. (you can write more than 3 if you want!)



When you start a new conversation, remember to:

* Smile
* Ask questions to find out what you have in common
* Listen to what the other person/people are saying to you
* Remember to be yourself!

You may want to keep in touch with your old friends, so remember that:

* It’s ok to spend time with new people; it doesn’t mean you don’t like your old friends anymore.
* Arrange to meet friends in different classes during your free time
* You can keep in touch with friends at other schools via social media or on the phone (but remember the rules of using the internet and social media safely!)

Task 3 – Look at some of the questions and conversation starters that are below. With a friend or family member, can you think of 5 more things that you could say to someone you’ve just met that would help to get a conversation started.

1. I like your bag/hairband/watch.
2. What primary school did you go to?
3. Who is your teacher for [subject]?
4. Which class are you in?
5. Do you have any brothers or sisters?