

FRIENDS DAY



WE'RE GLAD YOU'RE HERE!

FRIENDS DAY

International Fragile X Conference

How to make a friend

How to be a friend

How to keep a friend



WE'RE GLAD YOU'RE HERE!

What is a friend?

- Someone who likes you for who you are.
- Someone who is happy to see you.
- Someone who likes to do things together with you.
- Someone who doesn't hurt you on purpose.
- Saying you are sorry if you hurt someone's feelings.

What do YOU think makes a good friend?



How to make a friend

- Starting a conversation
 - Look friendly, relax, and smile
 - Begin with a greeting
 - Smile
 - Use a friendly voice
 - Look at the person
 - Say “Hi”
 - Ask a polite question or make a polite comment



How to make a friend

- Listening
 - Look at the speaker
 - Use a friendly face
 - Stay still, quiet, and calm
 - Think about what is being said
 - Take turns talking and listening



How to make a friend

- Ending a conversation
 - Wait for a pause
 - Look at the person
 - Give a simple explanation
 - “I have to go now.”
 - “See you later.”
 - Then say “Good bye.”



How to be a friend

- Exchanging Conversation
 - Look
 - Listen
 - Talk about yourself
 - Ask about others
 - Take turns talking and listening



How to be a friend



- Be honest
- Be loyal
- Be happy for others
- Call your friends on the phone
- Invite them over to hang out
- Don't be mad if they have other friends
- Make up if you have a disagreement

How to keep a friend

- Inviting someone to hang out
 - Choose someone
 - Walk close - But not too close!
 - Personal space
 - Make a bubble
 - Smile and be friendly
 - Ask “Would you like to play?”
 - If “yes” - go play
 - If “no” - ask someone else



How to keep a friend

- Sometimes it is fun to join a group
 - Watch
 - Ask “May I play too?”
 - If “yes” - join in
 - If “no” - do something else
 - If it’s not your turn, just wait



Teasing

- What is teasing?
 - Name calling
 - Put-downs
 - Threats
 - Bullying
 - Whispering
 - Laughing
 - Making faces



Teasing

- Take a deep breathe and be calm
- Think: “I can handle this.”
- Choose to do one of these:
 - Ignore, Pay no attention
 - Walk away
 - In a friendly way, ask the person to stop
 - Make a joke of it
 - Use Five Finger Approach to problem solve
 - Seek help from someone you trust

Friendship Book

