

How To Gain Friends At School:

Parents can role play and discuss the following with their children.

Friendship Building Strategies:

- 1) Learn to chat with other children at School by asking questions about themselves, and ask what they might like. For example ...
"are you in to football?"
"do you like soccer?"
"have you played netball?"
"do you do ballet or dance?"



"Who do you go for?"
"Who's your favourite player?"
"Do you play for School or club?"

"Have you done it for long?"
"Are you good at it?"
"Do you like it?"

- 2) Start talking (above questions can help) to a group or a person...
... before the group moves away and goes to sit down.
... while they are still standing.
... maybe around the School bag area, or in the class room at the very start of lunch or recess time.
- 3) Following from step 2...
... ask if you can join in with them for recess time or lunch time.
... don't wait to be asked. This may seem a challenge, but it will be necessary to overcome.
... if you sit alone everyone will think that is what you want to do, and they will leave you alone.



Talk with and join different groups.

- Music groups
- Library groups
- Sport groups
- Buddy group's
- Yard duty groups
- Computer groups

- 4) Be friends mostly with children in your class.
You will have a better chance to make a connection with them more often (see point 1).

Play / Lunch / Recess - Time:

- 1) Sit with at least one person for recess or lunch – if you sit alone everyone will think that is what you want to do.



- 2) Enjoy the games that are played, whether you win or lose, don't complain.
- 3) Find out what others are interested in, listen to their conversations, and ask them to tell you more about it.
- 4) Have lots of friends, build lots of friendships, and spend a little time with each of them.



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