

Let's Be Friends

A Workbook to Help Kids
Learn Social Skills & Make Great Friends

LAWRENCE E. SHAPIRO, PH.D.
JULIA HOLMES

Instant Help Books
A Division of New Harbinger Publications, Inc.

Publisher's Note

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.

Distributed in Canada by Raincoast Books

Copyright © 2008 by Lawrence E. Shapiro and Julia Holmes
Instant Help Books
A Division of New Harbinger Publications, Inc.
5674 Shattuck Avenue
Oakland, CA 94609
www.newharbinger.com

Cover design by Amy Shoup
Illustrations by Julie Olson

Cover photo is a model used for illustrative purposes only.

All rights reserved

Printed in the United States of America

Library of Congress Cataloging-in-Publication Data on file with publisher

10 09 08

10 9 8 7 6 5 4 3 2 1

First printing

Contents

A Note to Parents	v
Introduction for Kids	vii

Section I: Making Friends

Activity 1 About You	2
Activity 2 Finding Shared Interests	6
Activity 3 Where to Meet New Friends	9
Activity 4 Friendly Kids Make Friends	12
Activity 5 Making a Good First Impression	15
Activity 6 Being Popular for Life	18
Activity 7 Your Social Network	21
Activity 8 Reaching Out to New Kids	24

Section II: Understanding Social Rules

Activity 9 Being a Social Detective	28
Activity 10 Being Part of the Group	31
Activity 11 Finding the Right Words	34
Activity 12 Understanding Body Language	38
Activity 13 Having Good Manners	41
Activity 14 Phone Manners	44
Activity 15 E-Mail Manners	47
Activity 16 Planning a Party	50

Section III: The Give and Take of Friendships

Activity 17 Share and Share Alike	54
Activity 18 Taking Turns	57
Activity 19 Tuning In	60
Activity 20 Giving Compliments	65
Activity 21 Being a Good Leader	68
Activity 22 Knowing When to Follow	71

Activity 23	Making the Best of Things	74
Activity 24	Being Flexible	78
Activity 25	Speaking Kindly	81
Activity 26	Keeping Cool	85
Activity 27	Releasing Your Feelings	88
Activity 28	Bouncing Back from Rejection	91

Section IV: Understanding and Caring About Your Friends

Activity 29	Paying Attention to Feelings	96
Activity 30	Helping Others	100
Activity 31	Being Too Nice	103
Activity 32	Including Everyone	106
Activity 33	It's Nothing Personal	109
Activity 34	Forgiving Others	112
Activity 35	Respecting Differences	115

Section V: Peacemaking

Activity 36	Dealing with Kids Who Are Difficult	120
Activity 37	Clubs and Cliques	123
Activity 38	Keeping the Peace	126
Activity 39	Apologizing	129
Activity 40	Compromising	132

A Note to Parents

Many children today have problems making and keeping friends. They are left out of games at recess. They don't get invited to other children's houses for playdates. They may be teased by other children or just be avoided.

It can be upsetting for parents to realize that their children are having trouble making friends while other children seem to have active social lives. The solution is simple: teach your children the specific emotional and social skills they need to connect with their peers, using the fun and informative activities found in this book. Once learned, these skills will last a lifetime.

Children do not have to acquire every skill before they will be able to solve the problem of social isolation. In fact, learning even one new skill by doing just one of the forty activities in this book may do the trick. Look through the book before you start using it with your child and see if there are specific things your child will benefit from knowing.

The activities are based on the theory of emotional intelligence, which assumes that emotional, behavioral, and social skills can be learned in much the same way as sports, music, or academic skills. Each activity begins by highlighting important information children need to know about making friends. The next section provides an activity that will teach more about this skill, while the final section poses questions to help children think about what they have learned. Children can answer these questions out loud, but it will be most helpful if they write down their answers, with your help, if necessary. When you keep written responses in the book, you can go back to them at a later date and see if your child has learned something new or still has the same thoughts and beliefs.

While many of the activities can be done by children alone, they will be more effective when an adult provides guidance. You probably know from your own experience that changing one's behavior is not easy, and your support will definitely help.

This book is a starting point for you to help your child make friends. The real learning will take place out of your sight as your child applies the lessons in new situations with peers. But that doesn't mean your involvement stops when you close this book. You can continue to be a social coach, encouraging your child to keep trying new ideas, thinking about how they are working, and seeking out new friends.

You may find that it is difficult for your child to talk about certain issues. Never force a child who doesn't want to talk. The best way to get children to open up is to be a good role model. Talk about your thoughts, feelings, and experiences as they relate to each

activity, stressing the positive ways that you cope with problems. Even if your child doesn't say a thing in response, your words will have an impact.

If your child continues to have difficulty with peers after trying some of the activities in this book, consider getting professional guidance. Some children have difficulty making friends because their brains are simply not wired the same way as other children's. They may not be able to read body language or they may have emotional difficulties that affect their ability to make friends. They may have problems managing their anger. They may have an anxiety disorder that makes it hard for them to be in new situations. Or they may have problems with empathy and find it difficult to see things from another person's point of view. These issues can all be helped with the aid of a professional counselor, and if you are concerned about your child's social development, you should certainly consult with the school psychologist in your area. There are many ways to assess whether a child has a problem that needs treatment or whether extra support at home will do the trick.

If your child does need professional help, you will find this workbook to be of added benefit. Show it to your child's counselor, who may have some additional ideas on the best way to use it.

There is no wrong way to use this workbook as long as you remain patient and respectful of your child's feelings. We wish you success in the most important job in the world—being a good parent.

Sincerely,

The Authors

Introduction for Kids

Someone probably gave you this book because you are having trouble making friends. If this is the case, don't feel bad. Lots of kids find it hard to make friends at one time or another. This book will give you some great ideas to help you make friends and have lots of fun doing it.

Do you remember when you first learned to ride a bike or when you first learned to swim? It was hard at first, but with practice you got better. It's the same way when it comes to learning how to make friends.

There are forty activities in this book that will teach you many things about making friends. You will learn how to have a friendly manner so that other kids will like being with you. You will learn how read body language so that you can recognize how other kids are feeling. And you will learn the secrets which few kids know, of handling teasing or criticism.

We hope that you find this book interesting and helpful and that you make lots and lots of new friends.

Good luck and have fun!

The Authors

Section I: Making Friends

Some kids are outgoing and talkative, but other kids are shy and quiet when anyone is around. Some kids are good at sports and make friends on their teams. Other kids are not good at sports, and they don't like to be on teams.

Everyone is different, but everyone can make friends! The trick is to find friends who like you for who you are and who enjoy doing the same kind of things as you.

The activities in this section will help you to think about who you are and to let others know what is special about you. They will also help you think about what qualities make kids most likely to be good friends.

For You to Know

Sharing is an important part of being a friend. It is a good way to show others that you care about them.

All social groups—from small groups of friends to whole communities—rely on sharing things. Kids share books and toys. They share ideas and information. They share their time when they help others. They even share their friends with each other.

There are many different ways to share, and each of them can help you build friendships. It isn't always easy to share, but you can become better at it if you ask yourself this question: would I rather be friends with someone who shares or someone who is selfish?

... And More to Do!

What kind of person are you most likely to want to share with?

Is there anything on the list that you would have a hard time sharing with anyone? If so, tell why it would be difficult to share this thing.

How do you feel when people share with you?

How do you feel when you share with other people?

	What I Learned About _____
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

	What I Learned About _____
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	