

# Building Strong Relationships

## 5 Strategies for Success

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Friends are very important. They make us happy at home and school. Making friends can change your life. Good friends help you and make you feel like you belong. This is good for you and helps you grow.



Here are five ways to make good friends:

**1. Talk and Listen** - If you want others to listen to you, you must first listen to them.

**2. Try to Understand Others** - Think about other people's feelings. This makes you nicer and helps you make better friends.

**3. Do What You Say You'll Do** - You want to count on your friends, right? So, be someone they can count on too.

**4. Be Nice When You Disagree** - It's okay to not agree with your friends sometimes. Stay calm and listen. Then, work together to find a way to fix the problem.

**5. Say Nice Things** - Notice good things about your friends. When you are nice to them, they will want to be nice to you too. This makes everyone feel good.

Making friends takes practice. It's not always easy, but it's worth it. Remember, having good friends makes you happier and healthier and helps you grow." (196)