

# 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** - Talking is not just about speaking. It's also about listening. Try to say what you think clearly. Also, listen to others without being mean. You can practice this with your friends. Act out different times when you talk to people.

**2. Try to Understand Others** - Try to think about how other people feel. This helps you make better friends. When you try to understand others, you become nicer. This makes other people want to be nice to you too.

**3. Do What You Say You'll Do** - If you say you'll do something, do it. This makes people trust you. They will know they can count on you. You want to count on your friends too, right? So, be someone they can count on.

**4. Be Nice When You Disagree** - Sometimes, you might not agree with your friends. That's okay. Try to stay calm when this happens. Listen to what they think. Work together to find a way to fix the problem. This can make your friendships stronger!

**5. Say Nice Things** - Notice good things about your friends. Tell them when they do something well. 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. These five ways can help you make good friends. Remember, having good friends makes you happier and healthier and helps you grow." (292)