

## FRIENDSHIP SKILLS

- Smiling
- Eye Contact
- Introducing self & being introduced
- Introducing someone else
- Shaking hands
- Acting kind and caring
- Using words to express feelings & wants
- Saying "hi" and "good-bye"
- Taking turns in play
- Sharing
- Giving small presents
- Using polite words such as: "please", "thank you", "you're welcome", "excuse me"
- Respecting other people's things
- Borrowing only with permission
- Lending
- Accepting the word "no"
- Taking turns in conversation
- Not interrupting
- Saying "no" in a polite way
- Showing an interest in someone
- Being honest
- Asking if you can join in an activity, play, or conversation
- Handling put-downs
- Asking someone if they want to play with you
- Starting a conversation
- Inviting someone to your home
- Using a person's name
- Not cheating
- Being clean and smelling nice
- Being on time
- following through with what you say
- Respecting another person's space & body
- Asking someone else to respect your space & body
- Joining a group
- Giving & accepting compliments
- Inviting person to join your group
- Being kind to a new person in the community
- Helping others
- Asking for Help
- Handling bullying behavior
- Ignoring a person's behavior
- Using your ACE
- When to end a relationship
- Standing up for yourself
- Being genuine
- Maintaining friendships
- Having empathy
- Letting someone know you care
- Differently able friends
- Appreciating differences
- Using humor
- Talking about the other person's interests and experiences
- Being cheerful & fun
- Paying attention to your self talk...keep it positive
- Keeping your temper
- Mirroring back contents and feelings
- clarifying or asking for clarification

- Non-violent communication (or "giraffe communication")      --Using the hamburger approach
- Knowing your values and sticking up for them      --Relaxing your muscles and belly breathing
- Visualizing and practicing new skills      --Taking time outs      --Talking out your feelings
- Joining a group      --Doing your share of work      --Doing fun things with people you like
- Being honest when playing a game--Asking instead of grabbing
- Snooping only with permission      --Asking for a hug      --Ignoring mean gossip
- Use calm firm voice, instead of mad yelling      --Taking a time out when you need to stay calm
- Saying "are you ok?" and helping if someone gets hurt      --Helping to clean up
- Keeping hands to yourself instead of hitting, slapping, pinching, or shoving
- Apologizing if you've done something wrong      --Letting go of anger after you've dealt with it
- Showing respect to adults      --Using your "ACE"      --Taking good care of your hair
- Being assertive... instead of passive, aggressive, or passive-aggressive
- Staying away from swear words and name-calling