

# FRIENDSHIP SKILLS REFERENCE POSTER

Good friendships take practice. Use these skills every day!

SKILL	WHAT IT LOOKS LIKE	EXAMPLE
 <b>LISTEN ACTIVELY</b>	 <p>Give others your attention. Look at them and listen.</p>	 <p>"I'm listening."</p>
 <b>BE KIND AND RESPECTFUL</b>	 <p>Use kind words and actions. Respect everyone.</p>	 <p>"That was kind. Thank you."</p>
 <b>TAKE TURNS</b>	 <p>Share and take turns in games, activities, and conversations.</p>	 <p>"Your turn!"</p>
 <b>GIVE COMPLIMENTS</b>	 <p>Notice the good in others and let them know.</p>	 <p>"I like how you helped out."</p>
 <b>ASK AND INCLUDE</b>	 <p>Invite others to join and show you care.</p>	 <p>"Do you want to play with us?"</p>
 <b>BE SUPPORTIVE</b>	 <p>Encourage friends and be there when they need you.</p>	 <p>"I'm here for you."</p>
 <b>COMMUNICATE CLEARLY</b>	 <p>Use clear words and a calm tone. Say how you feel.</p>	 <p>"I feel upset when that happens."</p>
 <b>RESOLVE CONFLICT PEACEFULLY</b>	 <p>Talk it out, listen, and find a solution together.</p>	 <p>"Let's work this out together."</p>

## REMEMBER:



Be yourself.



Be kind.



Include others.



Build each other up.



Have fun together!