

New Friends Family Questions

Today we explored the skill of making new friends. We looked at why it can be difficult or uncomfortable making new friends and what we can do to make it easier. We looked at simple things we can do to help with conversations and building a connection with others. We also discussed how making new friends can become easier with practice.



**I heard today's topic was about
making new friends...**

**Why do you think it can be difficult making new
friends?**

**What can you do to help making new friends
easier?**

What are the benefits of making new friends?

Tip: If you are out somewhere with your child, encourage them to start a conversation with a new friend. As parents we tend to take the lead with starting conversations and introducing our children, this week encourage your child to take the lead. This can help to boost their confidence and is a great way to encourage them to step out of their comfort zone. Making new friends is a valuable life skill, you can help your child by guiding them through this process.