

New Friends Top Tips

It's ok to feel nervous

Remember, most people feel nervous when meeting new people, it's not just you.

Ask questions

Asking the other person questions is a great way to get to know each other.

Try to focus

Try not to let other people or things distract you from talking with the new person.

Listen carefully

Try to listen carefully so you don't miss anything the other person says.

Be friendly & smile

Smiling can help the other person to feel comfortable, it can help you feel good too!

