



MAKING FRIENDS



Don't be shy.....Give it a try!

Anyone would be lucky to have a friend like you! It's easy to make friends with just a few simple steps....

1. Wear a smile
2. Say, "Hello"
3. Introduce yourself
4. Have a conversation-ask a question or two
5. It's easy.....Just be you!

Having friends makes you smile and laugh. You don't feel lonely when you have friends. They make you feel better when you're sad and calm you down when you get mad. And.....you get to do the same for them!

Be a good friend in the Comfortable Cafeteria!



- Show an interest in others – ask, ‘how is your day going’?
- Listen when others talk. Look at them. Don’t interrupt.
- Sit next to someone new – especially those who might not have a lot of friends. Get to know them.
- Use your manners: Say “please” and “thank you”
- Clean up your mess and throw out your trash
- Include others who are sitting alone
- Be polite: Use your utensils and chew with your mouth closed; ask nicely – ‘may I sit with you today?’
- Use an in-door voice; help keep the noise down!
- Talk to people at your own table. Don’t shout across the room
- Eat only your food
- Line up quietly: without pushing or shoving others
- Walk in the hallway

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For: Every Moment Counts www.everymomentcounts.org