**Friendship Worksheets**

***Activity 1:***

**Scenarios of different personalities**

*Metal Mouth:*

Jenny was horrified to learn that she needed to start wearing braces on her teeth. All of her friends had already outgrown having to wear them. The day that she was fitted, Jenny could hardly eat or sleep, worrying about what people would say when she returned to school. “Everyone will think I’m a total nerd!” she thought. The next morning at school Jenny saw a boy whom she really liked wave and start walking towards her. She ran into the girls’ bathroom and burst into tears.

*Class Clown:*

Ricardo is always showing off in school and will do almost anything to get attention. He tries to be funny but sometimes he goes too far. One day when the class was getting out of control, the teacher said if he heard just one more noise from anyone, everyone would suffer the consequences. Ricardo saw his chance to get a big laugh and started making animal noises in the back of the room. Nobody was laughing at the class clown, however, when the whole class stayed after school.

*Tough Guy:*

Mort has worked hard to earn his reputation as the school bully. He is always looking for an opportunity to torment others. When his classmates are playing basketball on the school playground, he grabs the ball and dares anybody to “make him” give it back. When he finally gets tired of being in charge, he just throws the ball in the bushes. But as he walks away laughing, nobody has any doubts about who the real victim is.

*Silent Seth:*

Some people call Seth “quiet” because he rarely spoke in class. Others called him “stuck up” because he always sat by himself in the lunchroom reading a book. Other people called him a “loser” because he went straight home at the end of the day and never joined in any after school activities. But nobody knew Seth well enough to call him by his real name- “shy.”

*Discussion questions:*

* What advice would you give to this person to help them to make new friends?
* How could they improve their friendship skills?
* What type of personality do you have? Are you similar or opposite to this personality type?

***Activity 2:***

**Interview questions**

* What is your full name?
* Who lives with you at home?
* What do you enjoy doing in your spare time?
* Do you have any plans for the weekend?
* If you could be anyone, who would it be?
* Who was one of your favorite teachers? Why?
* Where is your favorite place to visit?
* What is a secret wish that you have?

*Discussion questions:*

* How do you normally start a conversation with someone new?
* What makes conversations hard to start?
* What did you learn about your partner after this activity?
* Which of these questions would you be likely to use to make a new friend?
* What other questions could you use?
* What are some good topics of discussion to make new friends?

***Activity 3:***

**Handling the problem yourself**

*Steps to resolving a conflict*

1. Cool off: Wait until each person is ready to resolve the problem
2. State the problem behavior: I don’t like it when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. State the feeling: I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. State what you want: I want \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Resolve the conflict: Decide on a strategy

*Discussion questions*

* Discuss each step and what it means.
* When have you had a problem with one of your friends that didn’t end up the way that you wanted it to? How could you have used these steps?
* What is the most useful step in this process?
* Which step is the hardest for you to do?