

For You to Know

We all like to be around friendly people, and it's easier to get to know kids who act friendly. Being greeted by someone in a friendly way immediately makes you feel good, both about yourself and the other person.

Part of being friendly is showing other kids that you are happy to be with them and that you are interested in them. Being friendly also means giving other kids the chance to learn more about you—your interests, your sense of humor, what you like to do, and how you think. And learning more about each other makes it easier to become friends.

Think about how you would feel if you said hello to a new boy in your class and he just stood there, staring down at his shoes, arms folded across his chest. Then think about how you would react if he smiled and said hello back to you.

Saying hello, asking how someone is, offering to help, making eye contact, and having a relaxed attitude all let kids know that you are friendly. Once they see that you are friendly, it will be easier for them to relax and be friendly, too.

For You to Do

Jan has just started going to a new after-school program. She recognizes some of the kids, but doesn't know any of them well. None of the kids from her class are in the program. Though she has friends in her own class, she wants to have good friends to spend time with after school, too.

Below are three scenes from the after-school program. Can you help Jan think of ways to be friendly to new kids?



Put a check mark on the picture of the kids that Jan should talk to first. Tell why you chose that group.

What is one thing Jan might say when she approaches these kids?

What can Jan do to let the other kids know that she wants to be friends with them?

... And More to Do!

What makes you think of other kids as friendly?

What kinds of things do friendly kids say or do?

Tell about a time when you wanted to be friends with someone. How did you let that person know?

For You to Know

Words are not the only way we communicate. Our bodies have their own language that often says as much—or more—about what we are feeling than our words do. Sometimes our body language sends a message that is the same as our actual words; sometimes it sends a different message.

Have you ever been speaking to someone and thought, “She says she’s happy, but she sure doesn’t seem it.” Maybe you have had your feelings hurt by someone who says he is listening, but keeps looking around the room as you talk.

Being aware of your body language is as important as being aware of your words. Imagine you are trying to apologize for something you’ve done. If you cross your arms and frown and say, “Sorry!” through clenched teeth, the odds are that people won’t consider that a real apology.

Human beings are natural social detectives, and we read one another’s body language easily. Real detectives even use body language to help determine if people are telling the truth—people may say one thing but show their nervousness by blinking their eyes or failing to make eye contact.

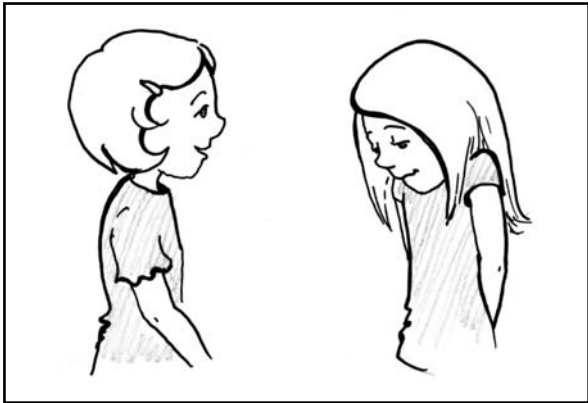
For You to Do

Are you a body language expert? Below each picture, write what you think the person is feeling.









... And More to Do!

What body language tells someone that you are:

Tired?

Interested?

Afraid?

Relaxed?
