

MAKING FRIENDS

Objective

To help individuals identify people who might make good friends.

Ages

8+

Description

Research has shown that having a network of close friends contributes to a person's physical and mental health. Yet for various reasons many people have a difficult time making friends. Generally speaking, friendships are formed with people who share things in common (such as religion, ethnic background, educational level) or enjoy common activities and interests. This form will help individuals identify the characteristics they might look for in a friend and also identify acquaintances who might make good friends.

MAKING FRIENDS

Directions

First, list ten things you would look for in a friend. Then list ten activities you would like to do with a friend. Now list five people you know who might be possible friends.

Ten things you look for in a friend:

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

Ten activities you would like to do with a friend:

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

Five people who might be possible friends:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____