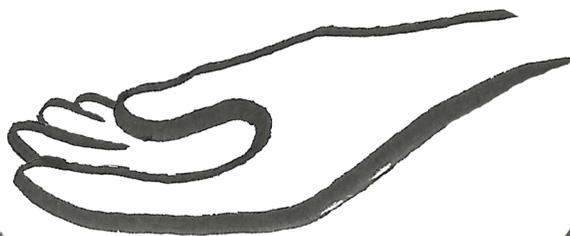


How to be a

# Helping Hand



Friends look for ways to help others, before they need to ask. Look to see who needs your help and offer it.

How can you help your friend?

**Remember:** If someone isn't ready for your help, that's ok. Let them do it on their own.

**Ideas:**

Help pick up what someone dropped.

Hold the door open for them.

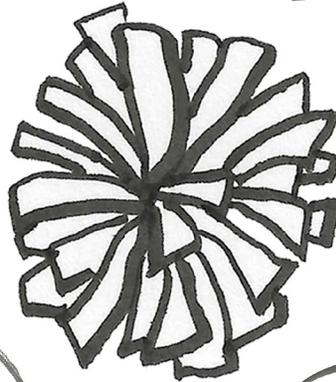
Help carry something for them.

Help if they are stuck on a lesson or have a question.

Be kind to someone who is sad or upset.

How to be a

# Cheer Squad



Friends notice when others need you to cheer for them.

Encourage your friend when they are worried or nervous.

Congratulate them on their success.

What do they need support with?

**Remember:** Be specific.

**Ideas:**

“I think you did great at the audition!”

“You studied hard for that test, I’m sure you will do well.”

“I’m so glad you earned that award!”

“Your first trip there will be fun!”

How to be a

# Super Listener



Friends are good listeners.

Listen with your ears and look at them while they are talking.

Think about what they are saying.

**Remember:** Listening is about *them*.

## **Ideas:**

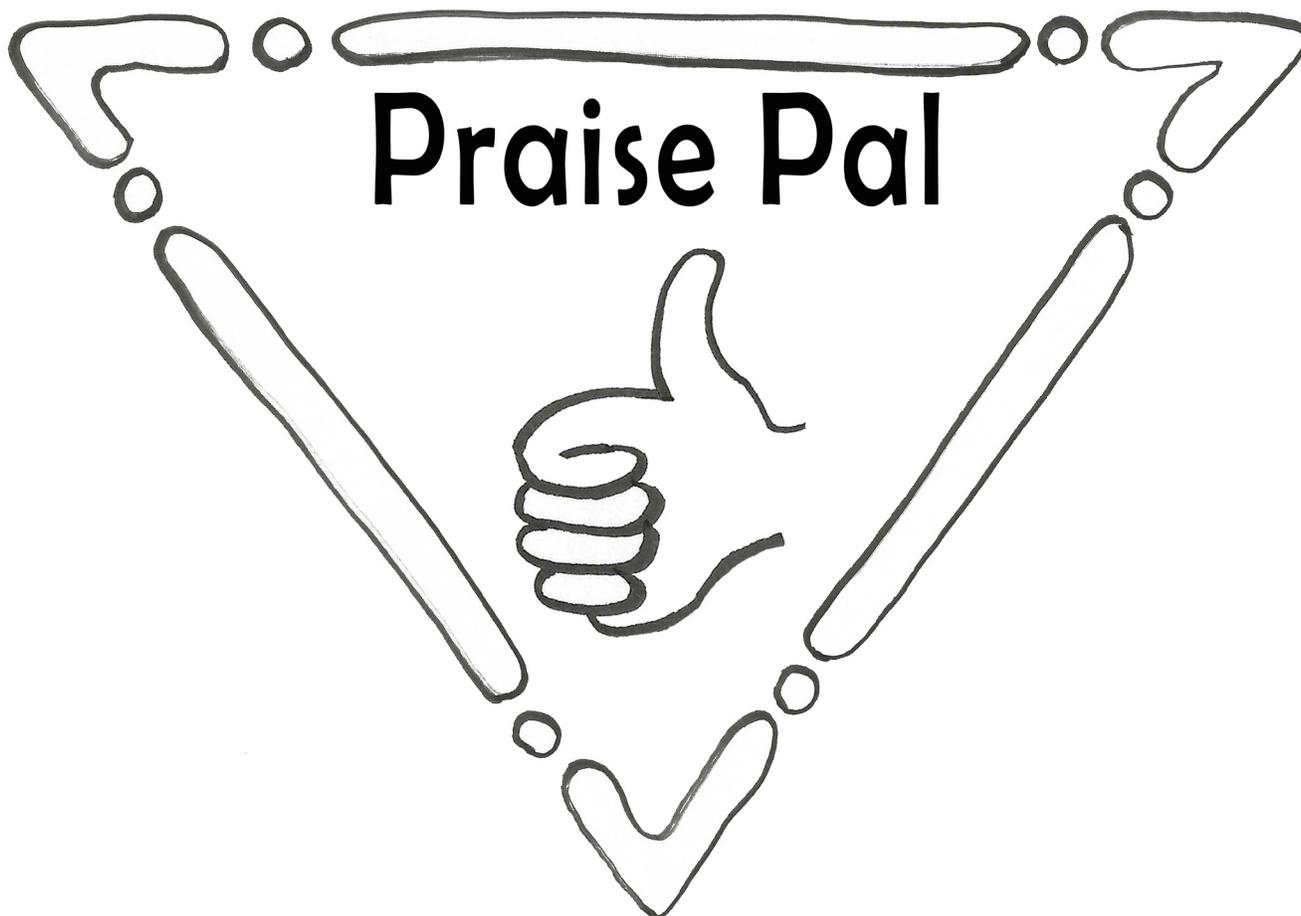
Ask thoughtful questions.

Keep your body still to show them you are paying attention.

Talk about what they are interested in.

How to be a

# Praise Pal



Friends say nice things about each other.

How can you praise them with kind words?

How can you tell them they are special to you?

**Remember:** Be positive!

**Ideas:**

“I am glad you are always nice to me.”

“It is fun playing games with you because you are a good sport.”

“I am happy that you share with me.”

“You make me laugh.”

“I like that you are honest.”

“You are so creative!”