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# Friendliness Is in You

## Tips for Educators, Parents, and Caregivers

Friendliness is an important building block for a child's social and emotional development, overall happiness, and success in life. Studies have shown that children who exhibit friendliness have more self-esteem, and are more confident and comfortable in social settings. They are less self-conscious, able to learn more about themselves, develop life skills, and have less stress. By encouraging friendliness in children, you're helping them become more open to sharing experiences and forming relationships both now and later in life.

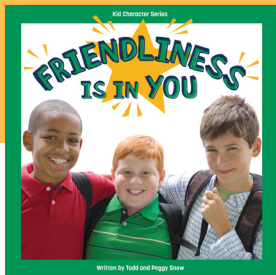
As educators, parents, and caregivers, we are role models for children. The way we show friendliness to others has an impact on how children will develop and share their friendliness. Try these tips to foster friendliness in children:

- ★ Start early. Help very young children develop positive social skills by talking about the importance of sharing, listening, and considering other people's feelings.
- ★ Give children specific suggestions for how they can show friendliness.
- ★ Look for ways children can observe you being friendly. Discuss why friendliness matters to you and how it positively affects others in everyday situations.
- ★ Encourage children to find and pursue new interests. This can increase their confidence and comfort in everyday social situations.
- ★ Talk to children about the importance of the Golden Rule: treating others how we want to be treated.
- ★ Help children connect with kids who share their interests. This will give them opportunities to develop relationships from similar experiences and shared activities.
- ★ Read this book together. Share other books and news stories about people who have shown friendliness.
- ★ Let children know disagreements are a natural part of friendships. Encourage them to share their feelings and problem-solve. Provide suggestions and then follow up to see if more guidance is needed.

By implementing these tips with the children in your care you'll be helping them become friendly, happy, and thriving individuals!



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(fill in your name)

Friendships start with one act of friendliness!  
What are some ways you made your friends?

Why do you think it's important to be friendly?

Friends always have similarities and differences—and that's what makes being friends exciting! Think of one of your friends. What are three ways you are alike? What are three ways you are different?

The Golden Rule is the number one rule of being friendly. What is the Golden Rule? Can you describe a time when you demonstrated the Golden Rule?



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(fill in your name)

Think of one of your friends. Draw three things that remind you of them.

