

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# **FRIENDSHIP BUILDING CHECKLIST**

Use this checklist to guide yourself in making new friends. Tick (✓) the steps you've tried!

- ☐ I smile and greet people politely.
- ☐ I introduce myself with my name.
- ☐ I remember the other person's name.
- ☐ I ask friendly questions (e.g., hobbies, favorites).
- ☐ I listen carefully without interrupting.
- ☐ I use kind words and positive tone.
- ☐ I share something interesting about myself.
- ☐ I find things we both enjoy.
- ☐ I join group activities with a friendly attitude.
- ☐ I include others in games or conversations.
- ☐ I say "thank you" and "please."
- ☐ I respect differences in opinions or interests.
- ☐ I give compliments (e.g., "I like your drawing!").
- ☐ I offer help when someone needs it.
- ☐ I take turns and share fairly.
- ☐ I show kindness through small actions.
- ☐ I respect personal space and boundaries.
- ☐ I apologize if I make a mistake.
- ☐ I avoid teasing or negative comments.
- ☐ I follow up—say hello again next time.