



The "Be a Good Friend" List:

1. Smile and say hello. This simple act is like opening a door to the possibility of new relationships.

2. Be brave. Leave your comfort zone. You're never gonna make new friends if you play it safe. Sit at a new table at lunch. Join a club that none of your friends are in. Partner up with a stranger in PE.

3. Always choose kindness. Kindness begets kindness. It's really quite magical.

4. Be genuinely interested. People feel so honored when you pause to genuinely be interested in their life. It is such a simple way to show that you care.

5. Experience empathy and see the world from different perspectives. Everyone is walking a different path. Taking the time to understand someone else's journey powerfully impacts the way you see the world and enhances your ability to connect with others.

6. Laugh and have fun! Don't take life too seriously, just enjoy the ride.

7. Be loyal, trustworthy, and honest. You can never go wrong by being loyal. keeping people's secrets, and sharing honestly.

8. Show up. Show up when it's easy and fun. Show up when you say you're going to show up. Show up when it's hard and uncomfortable.

9. Be present (*Yes, that means getting off your phone*). Don't let your phone block your view of reality.

10. Listen intently. We all want to be heard. Take time to fully and wholeheartedly listen to people when they open up and share.

11. Be humble and apologize when you mess up. You're gonna mess up. It happens and it's okay. That's life. So when it happens, own it, apologize, and grow from the experience.

12. Be you. There's the only one you. Don't deprive the world of your unique self.

*Adapted from projectschoolwellness.com