A Let's Talk Book



Will You Be My Friend?





MOLLY POTTER

ILLUSTRATED BY
SARAH JENNINGS

BLOOMSBURY



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SARAH JENNINGS

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For Karen, who is exceptionally good at being a friend.



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Will You Be My Friend?



This book is all about friendship. It will help you understand:

- what kind of friend you are
- what to do if you fall out with your friends
- what makes friends special.

Everyone is different, so no two friends are exactly the same. This is a good thing! You might have one friend who is very good at listening to you, another who likes the same things as you, and another who you like talking to.



Friends are there to listen to us when things go wrong. We all feel happier when we have good friends around us. Spending time and sharing things with these special people is one of the best ways of having fun!

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What is a friend?

A friend is someone who...

We enjoy spending time with.



We trust to keep our secrets (as long as no one is being harmed).



We feel we can talk to about everything and anything.



We can be ourselves with.





Likes us just the way we are.



Often makes us feel good.



Enjoys talking to us.



Gives us a helping hand when we need it.



We feel like we can be ourselves with a really good friend. We look forward to seeing our friends and enjoy spending time with them.

How do I make friends?

Things we can do to help make friends...



Smile and look pleased to see someone.



Look at their face and make eye contact if you feel comfortable.



Find something you both like doing and talk about that.



Say something nice to them.

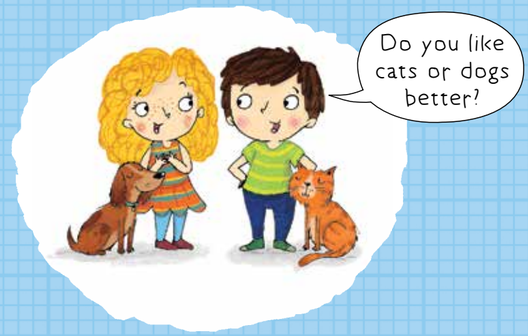
Try to make them feel relaxed.



Go over and stand near to them.



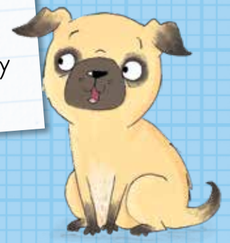
Ask questions to show you are interested.



DON'T decide anything about a person until you know them well.



We can sometimes feel a bit nervous about meeting new people but this feeling soon goes once we start talking to them. Remember they are probably feeling a bit nervous too.



What can friends do together?

With friends we can...

Play games together.



Chat about everyday things.



Do jobs that need doing together.



Make things together.





Give each other nice surprises.



Make each other laugh.



Teach each other about different things.



Just be together!

Doing something with a friend can make it more fun than if you do it on your own.

