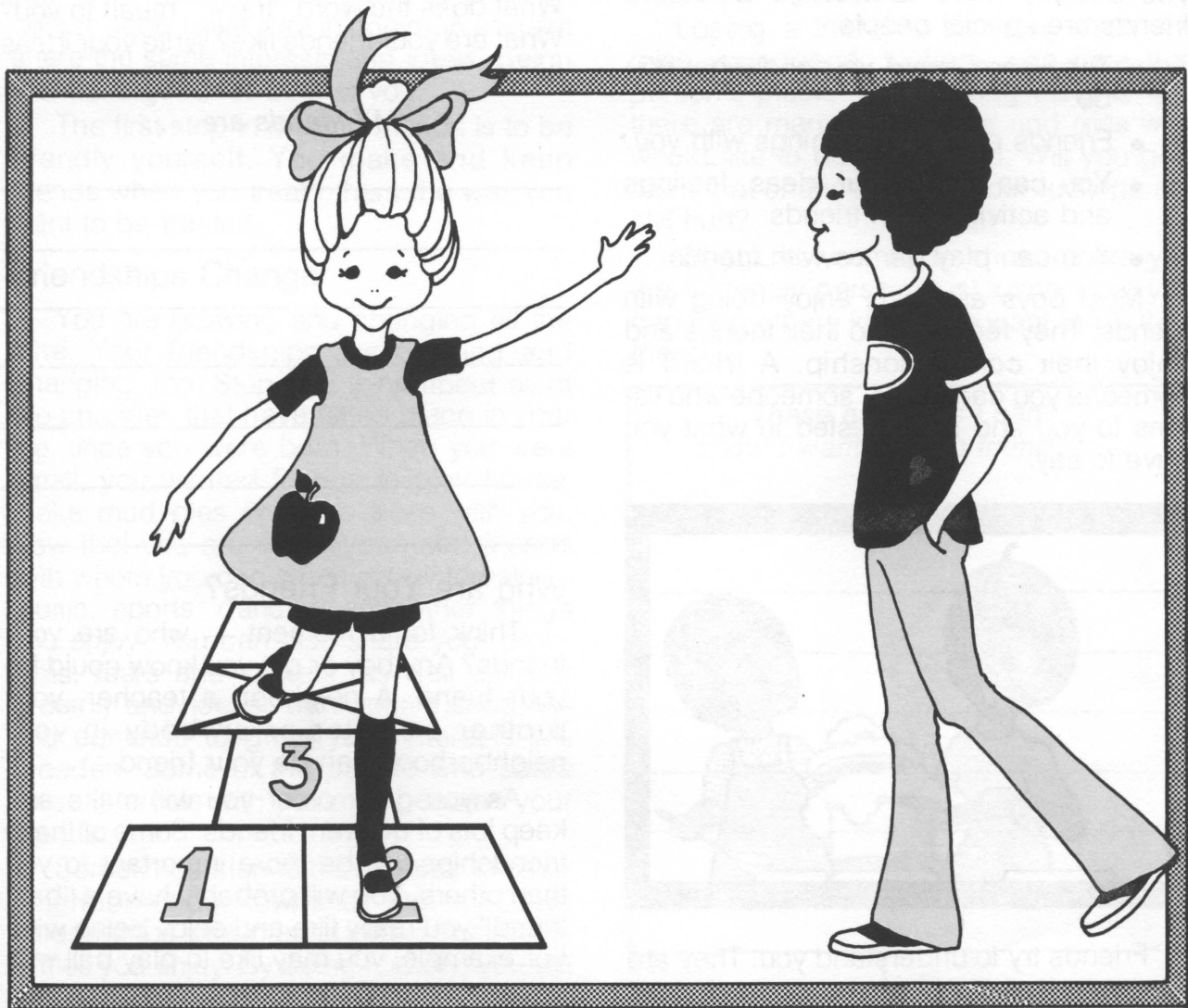


Making and Keeping Friends



LESSON 1 — FRIENDS GET TOGETHER

Ilene C. Miller and Elaine A. Ward*

This is a project about you and your friends. Making and keeping friends is fun. It can be a challenge, too! It takes time and practice to learn how to be a true friend. As you complete this friendship book, you will be learning more about the importance of making and keeping friends.

*Extension family life education specialist, The Texas A&M University System, and Extension program specialist-home economics, Prairie View A&M University.

TEXAS AGRICULTURAL EXTENSION SERVICE

Daniel C. Pfannstiel, Director

The Texas A&M University System • Prairie View A&M University
College Station, Texas Prairie View, Texas

When you and your friends get together you usually have fun. Why? Because friends are special people.

- They care about you and what you do.
- Friends enjoy doing things with you.
- You can share your ideas, feelings and activities with friends.
- You can play games with friends.

Most boys and girls enjoy being with friends. They feel close to their friends and enjoy their companionship. A friend is someone you can talk to, someone who listens to you and is interested in what you have to say.



Friends try to understand you. They are concerned about how you act and feel. Your friends want you to understand how they feel, too. A friend is someone you like and respect. That friend also respects you.

You can trust a friend:

- to help you
- to keep a promise
- to tell you the truth
- to treat you fairly
- to stand by you

Friends also help you learn how to get along with others. When you and your friends get together, you learn how to act in different situations. You learn to share, cooperate and take turns as you play together.

What do you think?

What does the word "friend" mean to you? What are your friends like? Write your ideas here.

MY friends are . . .

Who are Your Friends?

Think for a moment — who are your friends? Any boy or girl you know could be your friend. A neighbor, a teacher, your brother or sister or anybody in your neighborhood can be your friend.

As you grow older you will make and keep lots of different friends. Some of these friendships will be more important to you than others. You will probably have a "best friend" you really like and enjoy being with. For example, you may like to play ball with



many of your friends, but only tell secrets to your best friend. You and your best friend will probably have a lot in common and will share the same interests and ideas. Being friends is good for both of you.

The first step in making friends is to be friendly yourself. You make and keep friends when you treat others the way you want to be treated.

Friendships Change

You are growing and changing all the time. Your friendships are growing and changing, too. Stop and think about all of the changes that have taken place in your life since you were born. When you were small, you wanted friends to play house, make mud pies or climb trees with you. Now that you are older, you need friends with whom you can share new interests — music, sports, dancing and other things you enjoy. You can also share your problems, fears and secrets, as well as your dreams and ideas, with your friends. As you continue to grow your interests will broaden. Some of the people who share these interests with you may become your friends.

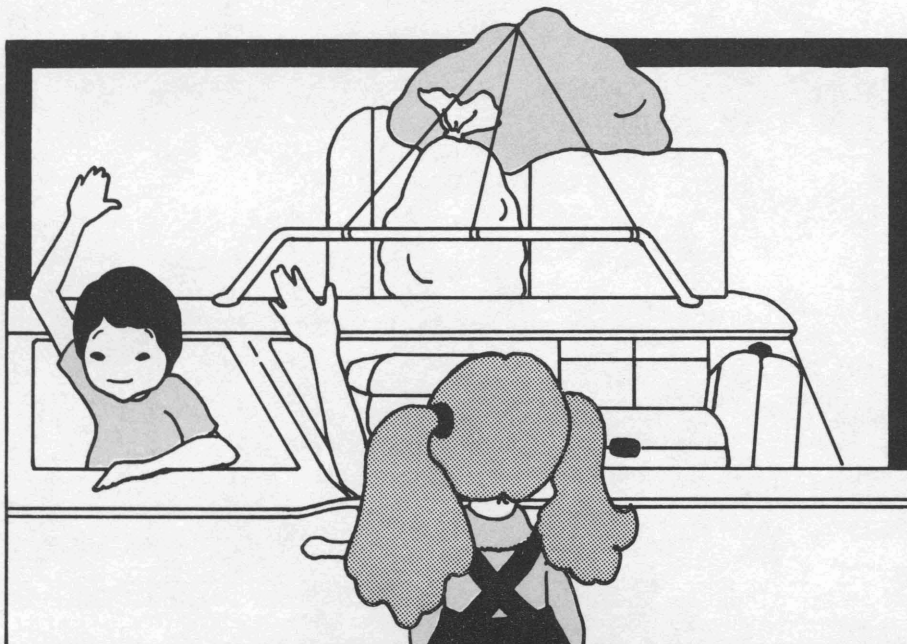
Sometimes friends move away to other neighborhoods, towns or states. Other times friends lose interest in some of the activities you enjoy. By being friendly, you will

make new friends at school, church or in your neighborhood.

Losing a friend is not easy. You will miss your friend. Nobody can take that person's place. The exciting thing is that there are many more boys and girls who would like to be your friend. Will you give them that chance even if your feelings are still hurt?

What can you do to show others you are a friendly person? List some ways you can help others know you want to be their friend.

*These are ways I can
show I want to be a friend*

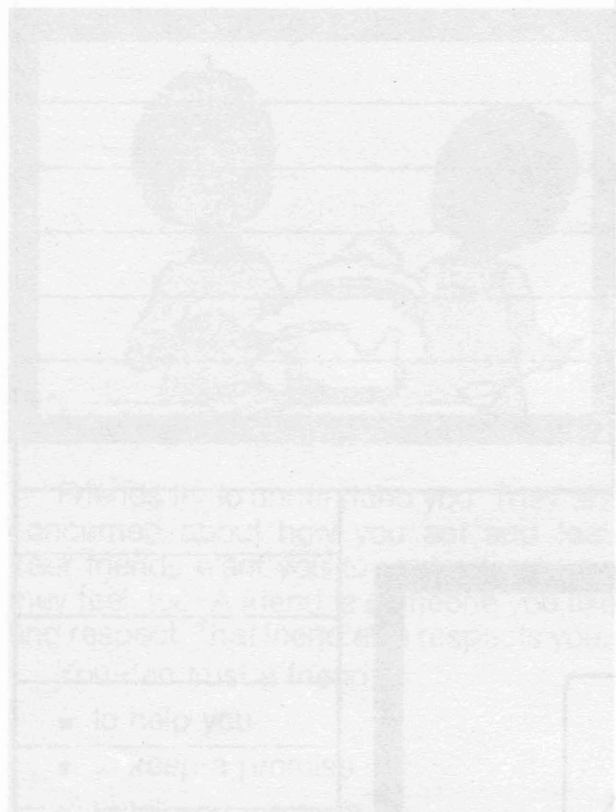


The Many Faces of a Friend

You can make new friends almost anywhere. You can be a friend to everyone you meet. Just remember the rule of friendship — *treat others as you want to be treated*. If you follow this rule, you will learn to be a friendly person and you will make more friends, too.

To learn more about friends, make a picture on friendship. Choose magazine pictures of people who look friendly to you. Cut out the pictures. Paste them inside this box or on another sheet of paper to make your friendship picture.

Explain to your group why each person in your picture would be a good friend.



When Friends Get Together

What happens when you and your friends get together? Usually you have lots of fun doing things together and sharing with one another. It is fun to be with boys

and girls who like you and enjoy doing the things you like to do.

Friendship has its ups and downs. It may not always be as pleasant as you would like. Sometimes you and your friends will quarrel. You may expect too much from a friend or be angry when he does not do what you want him to do. You will not always agree on what you want to do or where you want to go. You will not always feel the same or be interested in the same things. And that is okay!

It is normal to disagree. After all, you are both individuals. You both have different feelings and interests. As you and your friends get together, you will learn many important lessons:

- how to be nice to friends
- how to be close to friends
- how to cooperate and share with friends
- how to disagree in a friendly way
- how to be forgiving of friends
- **how to be a friend!!**

Things To Do

Learn to sing this friendship song with your group. You may add new verses if you wish.

*Oh, the more we get together,
Together, together.
The more we get together
The happier are we.
For your friends are my friends,
And my friends, are your friends.
The more we get together
The happier we'll be.*

*So, come, let's sing together,
Together, together.
So come let's sing together
And happy we'll be.
For my song is your song
And your song is my song.
Let's sing and play together
In sweet harmony.*

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended and June 30, 1914.
7½M — 6-77, New