

Social Skills – How To Make Friends

Module 2 Disability in Society



For this activity you will be pairing up with someone you don't know very well or play with very often. You will be practising some social skills with each other and recording information about each other.

Step 1 APPROACHING SOMEONE



This is often the hardest. Look for someone in your class. Go up to them, greet them, say your name and smile, Invite them to introduce themselves.

What did you feel about this?

Step 2 ASKING OPEN ENDED QUESTIONS



A good way to get to know someone is to ask them some open ended questions about themselves.

An open ended question is a question that someone can give any answer to.

Some examples are :

- What did you do on the weekend?
- What is special about your family?

Below is a list of questions, Five are open ended questions, while five are closed questions. Put a tick next to the ones that are open ended.

Do you like blue?
Did you watch the football on the weekend?
What do you enjoy doing in your spare time?
Do you like Harry Potter books?
What did you do on the weekend?
What was your favourite holiday experience?
Do you like pizza?
What music do you like?
What job would you like to have when you grow up?

Try to think of 5 open ended questions you could ask your partner. Some topic ideas may include family, holidays, hobbies, friends, favourite animals, foods etc.

Write your questions below then practise on your partner.

1
2
3
4
5

What have you learnt about your partner that you didn't know before?

STEP 3 FINDING SOMETHING IN COMMON



Look over what you have written. What is something about your partner that you think is similar to yourself?

STEP 4 PRACTISE WHAT YOU HAVE LEARNT



If you haven't done so already, swap turns with your partner.
To get better at a skill you need to practise.
So if you would like to get better at making new friends, practise these skills.

