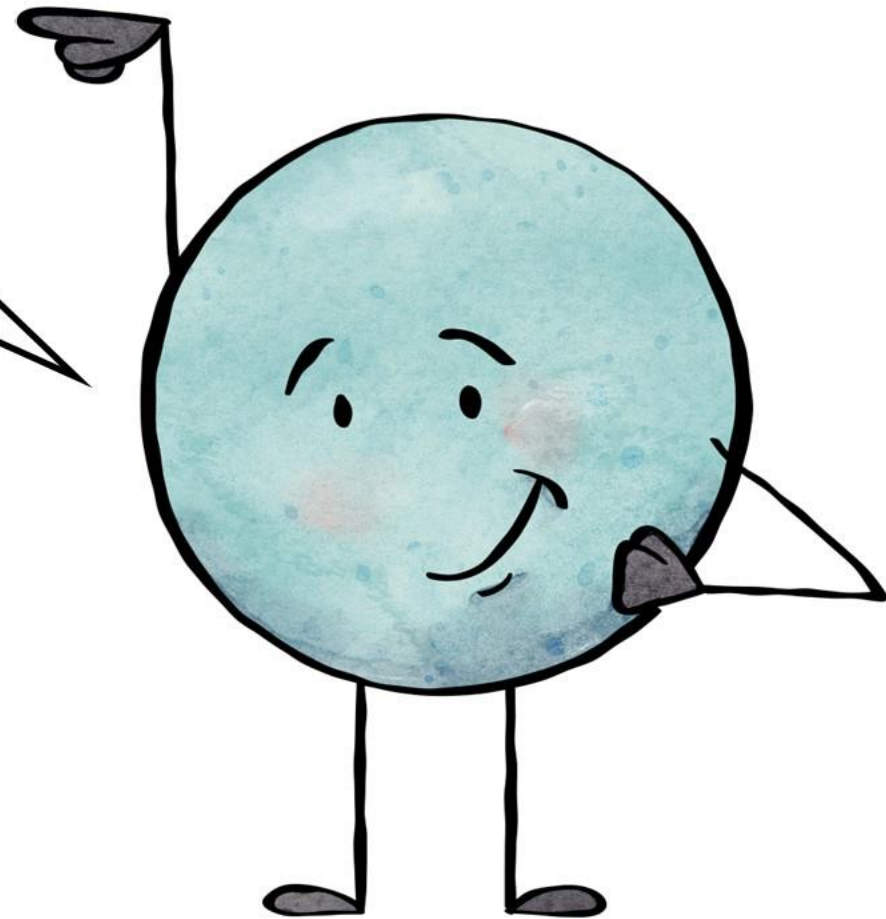


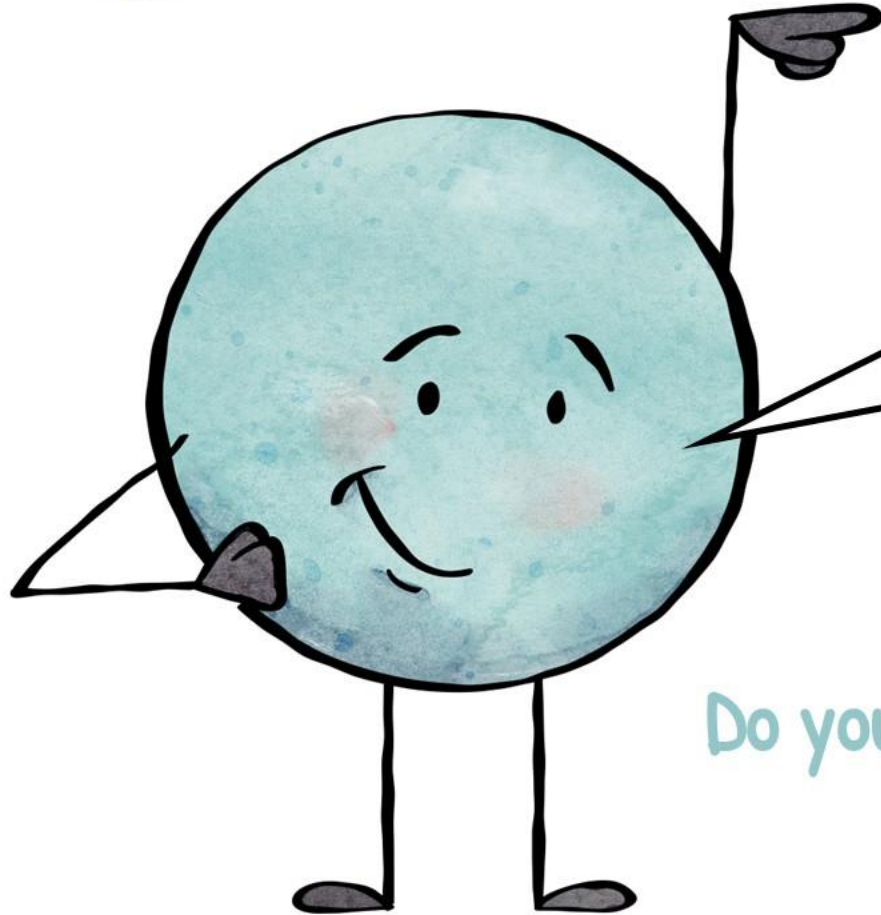


Are you
ready for ...



**FRIENDLY
FRIDAY**





I am
SOCIABLE



Do you know what 'SOCIABLE' means?

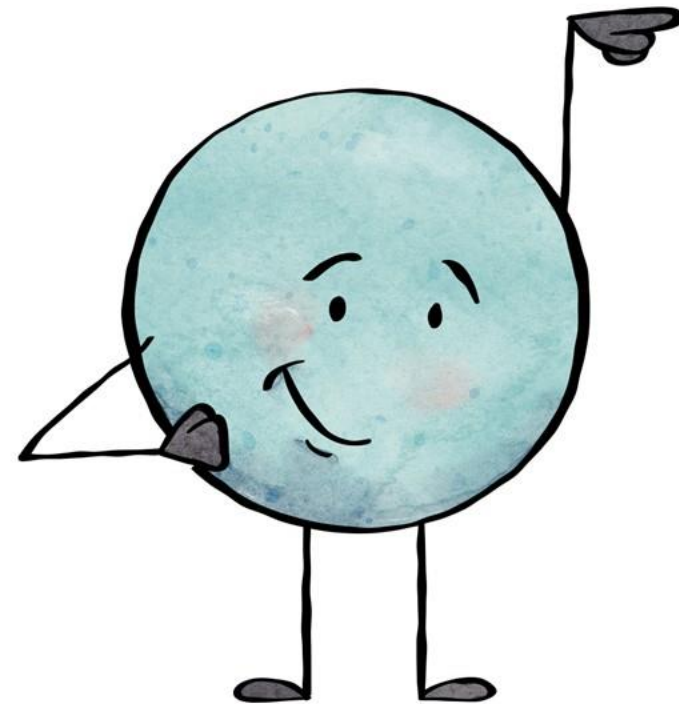


It means you are friendly.

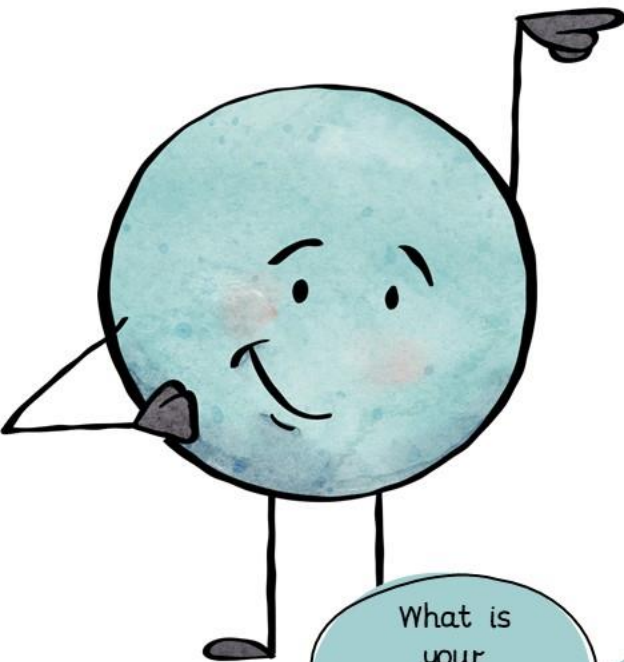
You talk to other people in a friendly manner and you smile a lot

You like doing things with other people

You try to get along with others as much as you can



Activities



- Think about how you can be a more sociable person. It is difficult at the moment due to the Coronavirus but there are still things you can do if you are at home or at school. You can talk to others, you can smile at others, you can play games with others, you can listen and be involved with others, you can telephone people you know. If someone wants to play with you then play with them! You might be surprised how much fun it is to be sociable. Talk to someone about how to be more sociable.
- Have a think about how you can start a conversation with someone. What sort of things could you say to someone to get them to talk back to you? Draw some speech bubbles and think about some conversation openers.

What is your favourite game?

How are you feeling today?

You are looking sad. Can I help you?

I played a great game last night?

Do you want to play with me?

What are you doing this weekend?

Being sociable will help you make friends and improve your family relationship.

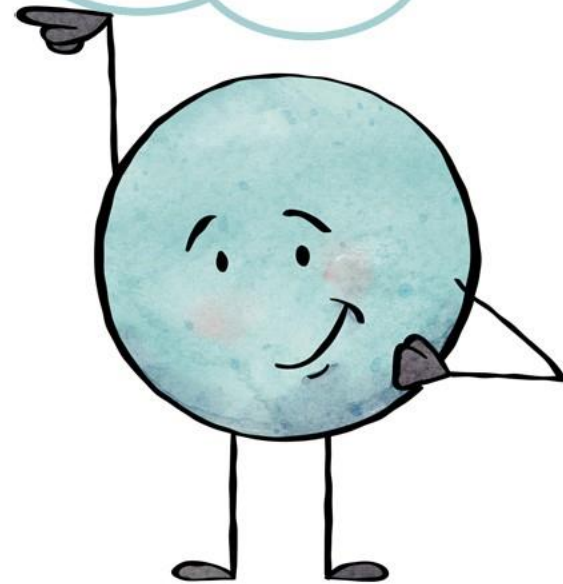
Affirmations



I am sociable

I can start great
conversations

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Are you
sociable?