

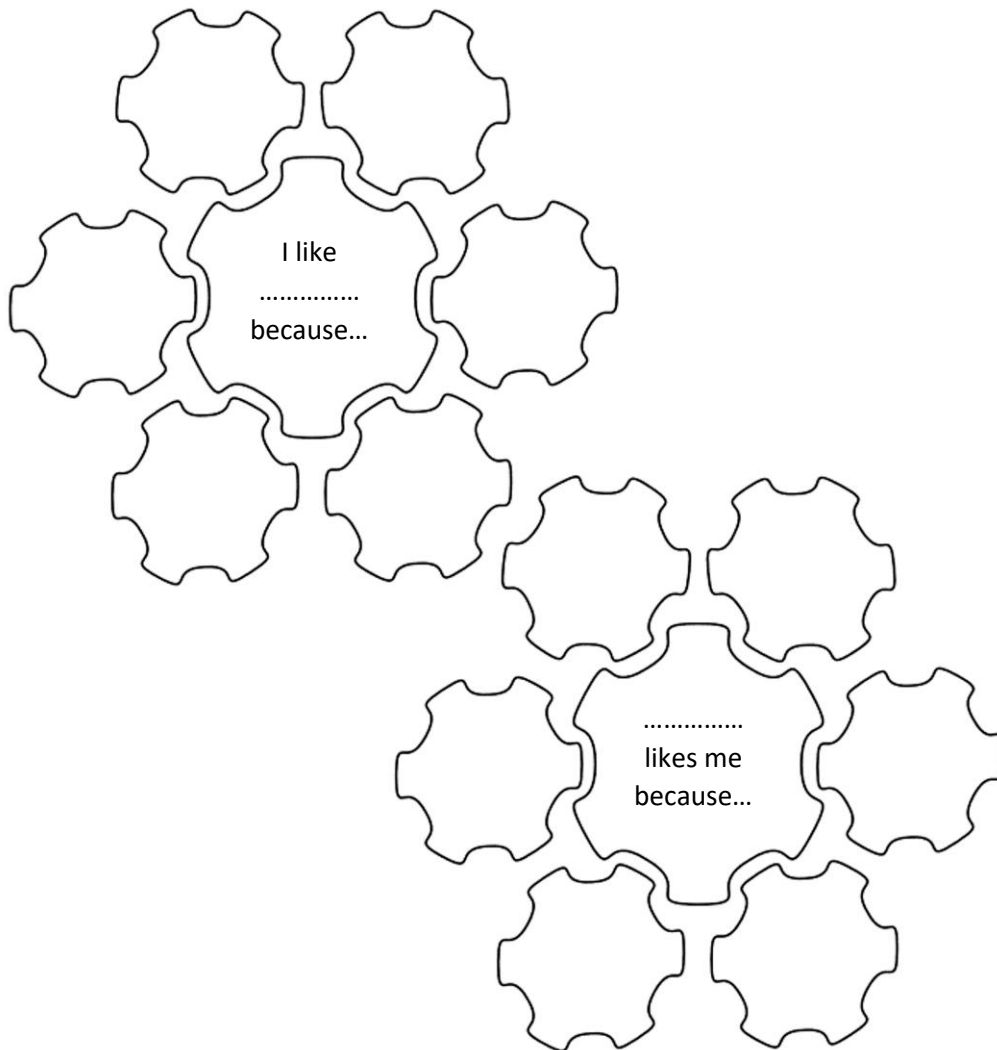
Transition to Secondary School

Friendships Worksheet

Moving from primary to secondary school is an exciting time, but it can also be a worrying time for you and your family. Many pupils worry they will not be able to make new friends when they go to secondary school. If you are worried about this then this week's **optional** activity may help you.

Think about a friend you have at primary school, use this to complete the diagram below, add their name in the middle cog of the wheel, then add your answers in the other cogs.

- Firstly Think: what is it about them that you like?
- Then think: What is it about you that they like?



Important Qualities

Consider the qualities below, think about how important it is for your friends to have these? Tick the box you think is appropriate.

There are also two blank spaces for you to add any qualities that you think need to be included.

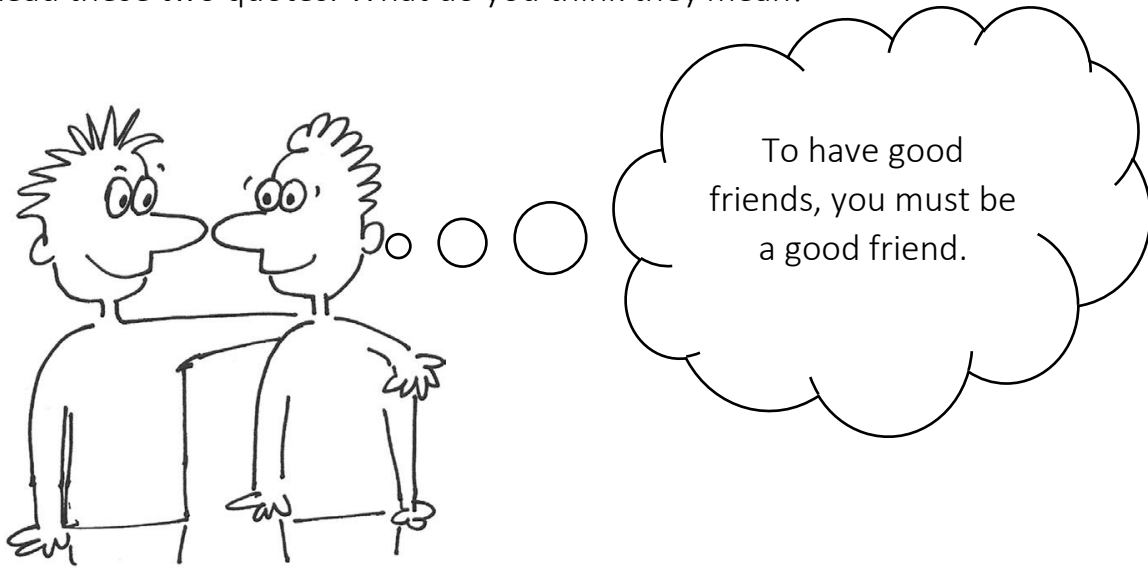
Qualities	Very Important	Quite Important	Not Important
1. They are kind to me			
2. They are good fun			
3. They are nice looking			
4. They are thoughtful			
5. They help me when I need it			
6. They give me things			
7. I can trust them			
8. They are cool and fashionable			
9. They have the latest gadgets /games			
10. They often say nice things to me			
11. They value our friendship			
12. They are a bit of a rebel			
13. We have the same interests			
14. They are a good listener			
15. They are sensitive			
16. They are honest			
17. They are funny and make me laugh			
18. They are popular			
19. We can talk about anything			
20. We can work through difficulties			
21.			
22.			

List below the 3 most important qualities you think a friend should have:

1.
2.
3.

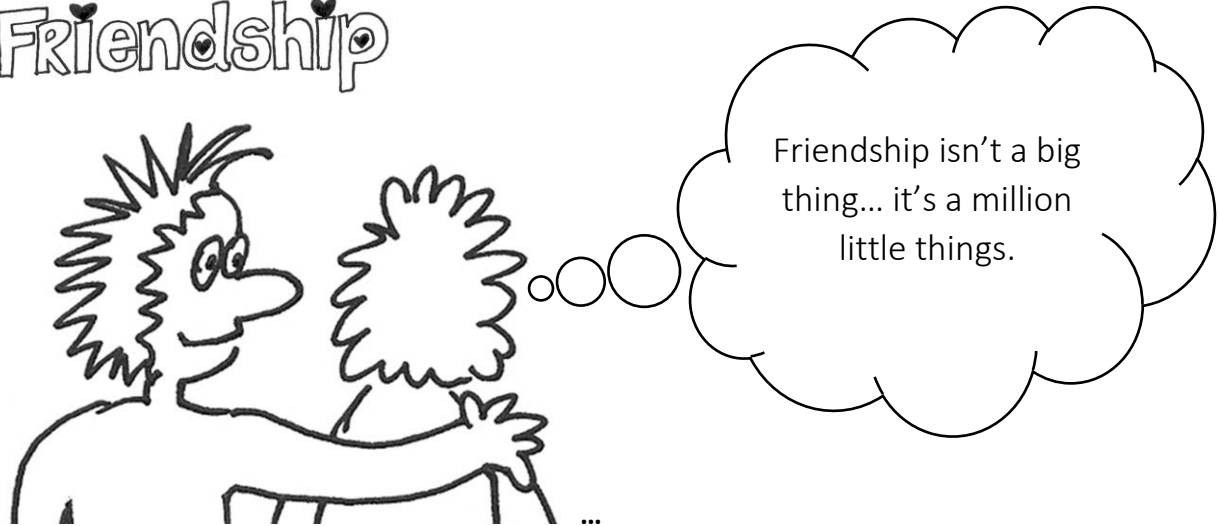
To have good Friends

Read these two quotes. What do you think they mean?



Note your thoughts about this quote here:

Friendship



Note your thoughts about this quote here:

Make New Friends Starting a Conversation

Think about the 5 ways we tend to start conversations.

Can you think of examples for each before looking at the suggestions below?

1. Asking a question



Write some examples

2. Requesting or giving something



Write some examples

3. Commenting on the environment



Write some examples

4. General Greeting



Write some examples

5. Personal remark

i like..

Write some examples

Starting a Conversation General Rules



Remember to...

- Smile!
- Look at the person!
- Look friendly!
- Use a nice voice!



Asking questions...

'Excuse me, where's the class?' or 'Is this the queue for lunches?'

These are good when you don't know someone or if you are trying to get to know someone.



Requesting or giving something...

'Can you pass the book please?' 'I have a pencil you can borrow'

These can be used even when you do not know someone.



Commenting on the environment...

'It's very hot today'

This kind of conversation starter is impersonal and is good to use when we do not know someone.



General greeting

'Hello' or 'Good morning'

This is a common way to start a conversation.

i like..

Personal remark

'I like your shoes' or 'You are very good at football'

These are mostly used with people you already know.

Questions Questions

DID YOU KNOW THAT...



Asking questions is powerful...

The person who is asking the questions in a conversation is the one who is controlling the conversation!



Open versus closed

Open questions such as 'why...' or 'what...' are good for encouraging someone to talk to you. Closed questions, that is yes/no questions are good if you want a very quick reply!



Look and Listen

Remember that looking and listening will help you to appear polite and interested and will encourage the other person to answer your questions and ask you some too.



Answering questions

Remember that if someone is trying to get to know you or find out some important information, it is important to answer their questions fully. Equally it is important to keep an eye out for signs that they are bored or want you to stop talking!

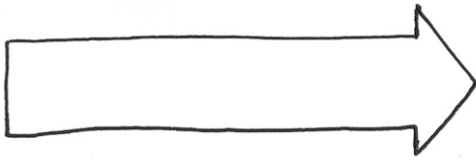
Asking Questions can be Difficult

Think about a time when it was difficult to ask or answer a question... Use the worksheet below to help you reflect and become more confident at asking and answering questions as well as starting a conversation with a new friend.

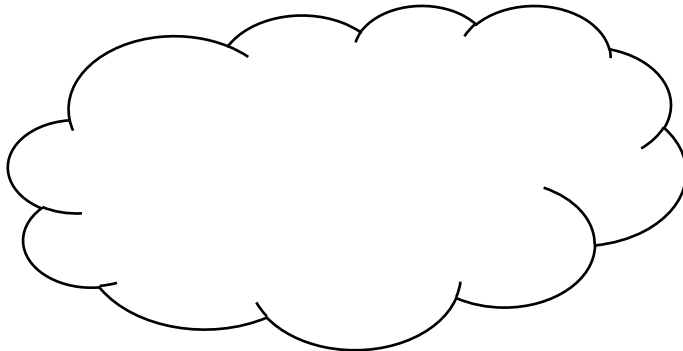
Write down the situation you were in

Why did you want to ask or answer a question?

Why?



What were you thinking?



Me

What did you choose to do?

What were the consequences of the choice you made?

Could you choose to do anything differently next time?