

Playing and making friends

Playing and spending time with friends can look different for everyone. The goal? Find ways to join in, have fun and feel comfortable being yourself at school.

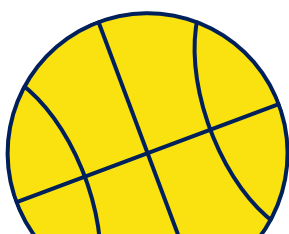


Joining in

- Say hello when you see someone you know
- Ask if you can join a game or activity
- Try sitting with different people at lunch or recess
- Remember that saying hello can turn into a friendship.

Make things easier to suit your vision

- Tell your friends what helps you join in
- Ask a friend to describe what's happening around you
- Choose games and activities that you enjoy
- Ask a teacher or visit the buddy bench if you need help finding a group to play with.



Spending time together

- Learn your friends' names
- Take turns talking and listening
- Share your ideas and interests
- Remember that everyone likes different things.

One thing for you to do

Say hello to one person or join one activity this week.

You've got this

It's okay if things feel tricky at first. Ask for help when you need it, take your time and remember that learning new things takes practice. You don't need lots of friends. One or two good friends is a great place to start.

