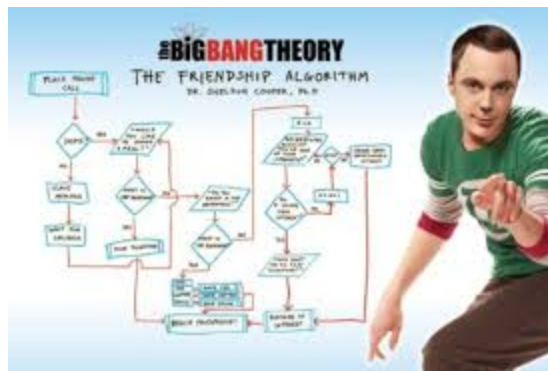


Am I A Good Friend?

Since we have been talking about relationship skills, here is a question for you - do you think you have strong relationship skills?

Sheldon Cooper, a character on the TV show “The Big Bang Theory”, realized that he needed to work on his relationship skills. He really wanted to make friends with his coworker named Kripke, but he wasn’t sure how. Finally, after reading a children’s book about making friends, Sheldon decides to create a formula for making friends. Watch this scene:



Like Sheldon, we can all work to develop the skills we have to be a good friend.

During these weeks of social distancing, we have a little more time to think about how we treat others in our relationships. None of us try to be mean, but do we always try to be the best friend to others that we can?

Here is a quiz for you to think about your own relationship skills:



The Great 8 Skill: **Relationship Skills**

A person's skill at promoting and maintaining positive connections with others.

Test Yourself: The purpose of this exercise is to see where you are in relationships with others. Answer the following questions by asking yourself how often in the last month have you....

Skill	Never 1	Rarely 2	Occasionally 3	Frequently 4	Very Frequently 5
Compliment or congratulate somebody					
Do something nice for somebody					
Show appreciation of others					
Greet a person in a polite way					
Attract positive attention from peers					
Express concern for another person					
Attract positive attention from adults					
Make a suggestion or request in a polite way					
Offer to help somebody					
Respond to another person's feelings					
Total: _____ / 10 = _____					

Having Good Relationship Skills...means, we value others as individuals. We can give and positive encouragement, and communicate our needs in appropriate ways.



How did you do?

Most of us realize that there are things we could do better to take care of our special relationships and friendships.

Take a look at this Power Point for more ideas:

[10 Ways To Keep Your Friends](#)



This weekend, as you spend time with your family, don't forget to do these things:

Be Grateful for What You Have
Be Grateful for Your Friends and Family
And most, importantly

Take Care of Yourself!!!

We miss you!