

# Making (or Losing) Friends (Self Report Form)

Name \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Check each statement that applies to you today. Try to do more things to make friends and less things to lose friends every day.

## Things I did today to help make friends:

1.  I offered help to someone else.
2.  I smiled when I passed someone.
3.  I said 'hello' to people I knew.
4.  I looked at people directly when they spoke.
5.  I used good manners when I met new people.
6.  I asked someone to play with me.
7.  I said something nice to someone I like.
8.  I listened quietly when someone was talking.
9.  I shared something I had with someone else.
10.  I asked someone what (s)he wanted to do.
11.  I saw other kids playing and asked if I could join them.
12.  I did my work quietly without bothering anyone.
13.  I followed class rules.
14.  I complimented someone and really meant it.
15.  I called someone at home.
16.  I invited someone over to play.
17.  I became interested in something new that someone else told me about.
18.  I thought of a new game or activity and played it with someone.
19.  I included someone new in a game or activity.
20.  I did something nice for someone, just because I felt like it.

Other Things I Did:

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## Things I did today to lose friends:

1.  I changed the topic when someone was talking.
2.  I was a tattler.
3.  I whined about things I didn't like.
4.  I cheated at a game.
5.  I interrupted someone.
6.  I played too rough.
7.  I was rude.
8.  I teased someone.
9.  I didn't listen when someone else was talking.
10.  I sat by myself at lunch and didn't talk to anyone.
11.  I wouldn't share something I had.
12.  I wouldn't let others share in what I was doing.
13.  I was in a bad mood and told people to get away.
14.  I played too silly for other people.
15.  I wouldn't do what someone else wanted.
16.  I watched TV or played video games in all my free time.
17.  I didn't feel like talking to anyone.
18.  I told a lie or fib about someone.
19.  I ignored someone I didn't like.
20.  I said something mean to someone to hurt his or her feelings.

Other Things I Did:

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