



## 10 Ways to Build Relationships

1. **Be an *UPstander*.** Be there for people when they need your help, your comfort and your friendship.
2. **Be honest.**
3. **Keep your promises.**
4. **Apologize.** Be genuine. Use the steps for a *real apology*.
5. **Be a forgiving friend.** Everyone makes mistakes. Give second chances. Accept an apology with forgiveness.
6. **Be helpful.** Everybody needs help from time to time.
7. **Respect classmates' feelings and their possessions.**
8. ***Gossip and rumors STOP with me!***
9. **Tell friends and classmates how you feel.**
  - a. Share your feelings.
  - b. Use an *I statement*: I feel \_\_\_\_ when \_\_\_\_ because\_\_\_\_\_.
10. **Be a *bucket filler*. Give lots of *warm fuzzies!***
  - a. Be a kind, caring and generous person.
  - b. Be a good listener.
  - c. Involve people in your life and in your activities.
  - d. Invite them to play and to join in!