

RILEY'S RAINFOREST



“Send down ... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: Be a Great Pal

If you want to have good friends, you need to be one. Try these tips:

- ☐ Treat others the way you want to be treated—with respect and kindness.
- ☐ Tell the truth—with tact. Honesty is vital, but you can be truthful and gentle at the same time.
- ☐ Share your feelings. If you have a conflict with a friend, try talking to them directly, instead of backbiting or ignoring them.
- ☐ Be generous with your time and attention. Friendship is a two-way street, so give at least as much as you get.
- ☐ Encourage your friends and celebrate their success.
- ☐ Laugh a lot. Having fun together builds great memories.



Creating Healthy Friendships

Atrue friend is one of the greatest joys in life. It's an awesome feeling to find someone who laughs with you when you're happy, cheers you up when you're down, and always has your back.

But not all friendships are created equal. If you feel small, afraid, or sad around someone, your relationship may not be healthy. Friendship should fill you up and lift your spirit, not bring you down. It's okay to disagree sometimes, but if you constantly argue, you may not be compatible. Sometimes people can get jealous, but a good friend won't be mad when you hang out with someone else.

It's important to build friendships that are healthy and safe. If we aren't wise about who we spend the most time with, we may get hurt or feel trapped in a relationship that

isn't good for us. If you think your friendship might be unhealthy, talk to a parent or another trusted adult about how you feel. Imagine how you'd like things to be different. Practice how you could talk it over with your friend. Also, try making new, diverse friends.

It's not always easy to find people you click with, so be patient. Look for kids who share some of your interests. Take the time to get to know their character—are they honest, trustworthy, and kind?

You don't need hundreds of friends to enjoy the rewards of closeness. Even one or two real pals can make your life a lot brighter.

Curiosity Canopy



What makes someone a good friend? In one study, kids ages 8–12 were asked to rate what they expect from friends. Top things on the list were sharing, helping, listening, and respect. Kids who put more effort into their friendships had more friends.

