

# RILEY'S RAINFOREST

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

—Bahá'u'lláh

## Explore & Soar: Boost Bonds of Friendship

**T**ry these ideas to strengthen good friendships and avoid unhealthy ones.

- ☐ Do you and your friend like the same book, movie, or game? Celebrate your common interests!
- ☐ Be yourself, and communicate openly and honestly.
- ☐ If you're being pulled into conflicts between friends, stay calm and encourage them to work things out with kindness.
- ☐ If you make a mistake, admit it and apologize.
- ☐ Invite friends to try a new activity you're all excited about.



- ☐ Respect your friends' choices, as long as they stay safe. It's okay to disagree.
- ☐ Create a work of art to encourage your friend to achieve their dreams.
- ☐ If a friendship ends, that's okay. Accept that sometimes friends grow apart.

## What Makes a Good Friend?

**I** met some friends at my new school! Most of them are great, but I'm not sure I want to hang out with a couple of them. They're nice to *me*, but they gossip a lot about other birds, which isn't cool. And today, they asked me to skip school and go to the beach with them! I said no, but they kept pushing. It made me really uncomfortable.

I talked to my friend Pip about it. I've known him since we were fledglings, and he's been through tough stuff like this. He said that good friends listen to you and respect your feelings, even if they disagree. They can help you feel more confident and less stressed. You can be your true self around them. I'm definitely

myself around Pip—and we can get pretty weird sometimes!

If you feel insecure or bad about yourself around someone, it's not a healthy friendship. You might feel like you're being pulled into their drama, which can be super draining. A good friend won't always complain about their problems or put their own needs first. They'll be there to support you, too.

I shared these ideas with my parents, and they agreed. They said I should be kind to everyone, but that doesn't mean I need to spend time with everyone. If someone makes me uneasy, I should spend more time with friends I trust, like Pip. Who's a friend that *you* can count on?



I CAN BE MYSELF AROUND MY TRUE FRIENDS.

## Curiosity Canopy



**F**riendships boost humans' health and happiness, and having friends can help other creatures, too—like baboons! Researchers found that female baboons are less stressed and live longer if they have a network of close friends. And, for humans as well as baboons, having *strong* friendships is more important than having a bunch of them.