



RTLEY'S RAINFOREST

"Send down... from the clouds of Thy mercy the rains of Thy healing..." -Bahá'u'lláh

Growing Good Friends

T rue friends are not only fun, they're also good for you. Studies show that people with good friends have stronger immune systems and are less likely to get sick. Talking with friends helps release stress, which can protect us from headaches, colds, and asthma.



What if you're short on friends right now? Maybe you've moved to a new place. It would be nice if you could plant a few magic seeds and watch new friends spring up from your garden. But it takes more than that. When you see a kid you'd like to know, try these ideas for planting the seeds of friendship:

- "What's your favorite game?" Whether it's skateboarding or knitting, find a topic you're both interested in.

- "Cool hat!" or "Awesome bike!" Share a sincere compliment.

- "Need a hand with that?" If you help carry an armload of books, you're already being a friend.

- "Know of a good place to swim?" Ask for advice. You may find some common interests.

- "These fruit smoothies rock." Comment on the situation. Be positive—complainers aren't fun.

- "I never miss a Tigers game." Share a tidbit about your favorite things.

- "I love that book, don't you?" Ask about what they're doing or carrying.

While the person is talking, really listen. Make eye contact, and try not to worry about what to say next.

You can't "just add water," to make a friendship grow. But making friends is a skill you can learn. With practice, you'll grow some good friends before you know it.*

Explore and Soar GAMES FROM NIGERIA



For these games, you need to cooperate with your friends. As they say in Nigeria, "A single tree cannot make a forest."

Catch Your Tail

Divide into teams of at least four people. Each team forms a chain. Players at both ends of the chain put a handkerchief in their pocket, letting the end hang out like a tail. The first team to catch a "tail" from another team wins.

The Snake



One player is the "head" of the snake, and chases the other players. When a player is tagged, they become the "tail." The head and tail hold hands and chase the other players. When the head or tail tags another player, they join the snake as the new head or tail. Continue until everyone is part of the snake.

Fruit for Thought

"Offer thy friendship, be worthy of trust. Be thou a balm to every sore, be thou a medicine for every ill."

—'Abdu'l-Bahá



Curiosity Canopy

DID YOU KNOW?

- 43% of kids say being a good listener is the most important quality in a friend.
- 29% look for friends who share their interests.
- 15% say the ability to keep a secret is crucial.**