

10 WAYS TO MAKE FRIENDS AT WGGS



Talk in terms of the other person's interests.
What do they like?



Sit with new people at lunch. This will give you a chance to engage with an entirely new group of people.



UNPLUG FROM YOUR DEVICES

Sometimes we are so involved with technology that we are not engaged with the people around us. Your new friends could be right in front of you!

BECOME INTERESTED IN OTHER PEOPLE

When you ask questions to another person listen. They feel important.
"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

Dale Carnegie

FIND COMMON GROUND

Think of things that a lot of people like and use them as conversation starters. It is also useful to try open-ended questions to learn what interests they may have.



Get involved in school sports & clubs



Ask good questions
See below



Be a good listener.
Encourage others to talk about themselves

Personalise the conversation. Start moving from small talk to really getting to know them on a more personal level. Use open-ended questions as opposed to "yes/no" questions. It may help try using the 5 w's: who, what, when, where and why.



"Who is your favourite music artist?"



"Have you watched anything good recently?"



"What is your favourite subject?"



"Do you have any pets?"

PAY ATTENTION TO YOUR BODY LANGUAGE

Looking down or away, or even crossing your arms can make you appear closed off and deter people from talking to you.



THE WELLBEING HUB

