STARTwith

























Special Observation Skills

Pay attention to...

- Body Language: Slumped shoulders, a frown, or seeming uncomfortable
- Times and Places: After-school, including riding on the school bus, sitting in a classroom, playing at recess, and social media
- Healthy Alone Time: Someone wants to be alone or do an activity quietly by themselves





Ways to Reach Out and Help



Offer an invitation...

- Invite another student to join an activity or game
- If you're with a group of friends and see someone alone, invite that student to join an activity or game
- If you approach a student who is alone and reach out and help, but the student doesn't want to join you at the moment, keep trying by offering a future invitation to join you at lunch, on the playground, or for another activity the next day or for a later date

Use your Hello Style and Just be you!



Try a One-on-One strategy

- Start a conversation with a student who is alone
- Ask a question
- Sit peacefully side-by-side
- Connect with a student electronically or on social media
- What other ways can you think of?



Get to know your new friend!



Here are some tips...

- Start With Hello: Smile and just say "hello"!
- Choose Your Hello Style: Your Hello Style is how you approach someone and say hello
- Keep Trying: Don't give up right away, and continue to find ways to connect with this person
- Ask for Help: If someone you approach seems really upset and you're not sure what to do, tell a trusted adult

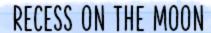
Where can you apply these three steps?

Try them out...

- Eating lunch in the Cafeteria
- On the Playground with your friends at Recess
- Walking to class in the School Hallway
- Studying in the Library
- Outside of School*



Let's get started!













ELLIOT REACHES OUT TO CARLOS

JASMINE REACHES OUT TO MALIK



