Greetings and Making Friends Worksheet

Age Group: 5-9 Years | Skill Focus: Social Skills

My name: ..... **Date:** .....

How to use this worksheet

You will learn friendly ways to say hello, introduce yourself and start a chat with someone new.
Do each step in order. Being friendly is a superpower!

1 Say Hello!

Tick ONE from each box, or write your own. Imagine you are meeting someone new!

Where am I?

- ☐ At school
- ☐ At the park
- ☐ At a party
- ☐ At a shop

My own: .....

Who do I meet?

- ☐ A new classmate
- ☐ A teacher
- ☐ A neighbour
- ☐ A friend's parent

My own: .....

How do I say hello?

- ☐ Wave and smile
- ☐ Say "Hello!"
- ☐ Say "Good morning!"
- ☐ Say "Hi, I'm ___"

My own: .....

Hello Spark!

A friendly hello has three parts: a smile, eye contact and kind words.
Example: *"Hello! My name is Sam. What is your name?"*

My situation: .....

.....

I feel… Tick ONE!

☐ Happy ☐ Excited ☐ A little shy

My hello would be: .....

.....

2 Introduce Yourself

Tell someone new about you. Use your friendliest voice!

Friendly Words Bank

HELLO: **Hello** **Hi there** **Good morning** **Good afternoon**
MEET: **My name is…** **Nice to meet you** **What is your name?**
INVITE: **Can I play too?** **Want to play with me?** **Come and join us**

Which one is friendlier? Tick it!

- ☐ "Hello! My name is Sam."
- ☐ "Move over, I am playing!"
- ☐ "Nice to meet you!"
- ☐ "Umm… never mind."
- ☐ "Can I play with you?"
- ☐ "Who are you?"

All About Me. Fill in the blanks!

MY INTRODUCTION **Say these sentences out loud**

Hello! My name is.....

I am ____ years old and I live in .....

I like to.....

My favourite animal is .....

Draw yourself saying hello! Add a speech bubble with your greeting.

3 Start a Friendly Chat

A chat has a start, a middle and an end. Plan what you will say!

START **Say hello and ask their name**

Try: "Hello! My name is ___. What is your name?"

.....

.....

.....

MIDDLE **Ask a friendly question and listen**

Try: "Do you like ___? What do you like to play?"

.....

.....

.....

.....

END **Invite them and say goodbye**

Try: "Would you like to play? It was nice to meet you. Bye!"

.....

.....

.....

Friendly Question Ideas

ASK: **What do you like to play?** **Do you have a pet?**

OR: **What is your favourite animal?** **What is your favourite colour?**

THEN: **Me too!** **That sounds fun!** **Tell me more!**

Read your chat plan out loud once. Check it!

☐ I smiled ☐ I asked a question ☐ I listened to the answer

Tip: A friendly chat goes back and forth. You ask, you listen, then they ask you!

4 Practise Being Friendly

Practise your hello and your chat out loud. Tick each Friendly Tip you remember!

Friendly Tips

- ☐ Smile and look at the person
- ☐ Say your name first
- ☐ Listen to the answer
- ☐ Speak clearly and kindly
- ☐ Ask a friendly question
- ☐ Say goodbye politely

Practise 3 times. Colour a star after each one!

Practice 1: to a mirror	Practice 2: to a toy or pet	Practice 3: to family or friends
☆	☆	☆

Friendly Challenge! Say hello to one new person this week.

☐ I said hello ☐ I asked their name ☐ I asked a question

The new person I met was: .....

How did your practice feel? Tick your choice!

★★★	★★☆	★☆☆
Super friend!	**Getting there**	**Needs more practice**
☐ Tick here	☐ Tick here	☐ Tick here

My favourite part was... .....

Parent / Teacher Feedback

What the child did well: .....

One thing to try next time: .....

Friendly stars: ☆ ☆ ☆ ☆ ☆ **Signed:** .....

Well done! You are a friendly star!