

# HOW TO JOIN IN

Helping Shy Kids Make Friends

Small steps.  
Big courage.  
Real connection.

## THE HEART OF IT

Most shy kids don't lack the desire for friends. They lack a way in. Give them one ready line and a little practice, and they can do hard things.



## LET'S TALK TOGETHER

### 1. WHAT'S HARD?

What feels the hardest about joining in with kids you don't know very well?

### 2. WHAT HELPS?

What small things help you feel braver when you want to join in?

### 3. YOUR READY LINE

What could be your "one ready line" to help you start? Let's practice it together!

### 4. SMALL STEPS

What is one small step you can try at your next playdate, party, or at the park?

### 5. KIND TO YOURSELF

How can you be kind to yourself if it feels nervous or awkward?

### PARENT TIP

Praise effort, not outcome. Celebrate courage, even if it's small. Connection grows one small step at a time.

## DRAW OR WRITE

What does a good friend do? Draw a picture or write your ideas together.

We build bridges. One step at a time.



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Understanding minds.



Strengthening connections.