

Worksheet for Life Lesson 6: Phone a Friend Scorecard

When is the last time you actually called a friend on the phone instead of texting, messaging, or commenting on their Facebook status or Instagram? Has it been a while? Those ways of connecting are OK for some things. They're fast, to the point, and let you get back to having fun on the Internet as quickly as possible.

Unfortunately, those kinds of quick communication bursts don't really prepare you for the kinds of conversations that lead to friendships beyond the surface. Plus, people can misunderstand each other pretty easily when they are only typing words and hashtags. To build strong, supportive friendships, you need plenty of extended conversations, in real time. Here are some tips for making your phone calls:

- Use a land line phone if you can find one, or another “dumb phone” that won't tempt you with all its other distractions.
- If you use a smartphone, tablet, or a computer for a video chat, stay off of any games or apps you might be tempted to use—at least until after your chat is over.
- Before you call, write down three stories you heard about, saw on TV, or found on the Internet that you thought were kind of interesting.
- Take a look at the sheet where you wrote down what you like and what other kids in your class like to do. You might start your conversations by asking the other kid if they did one of the things they liked today. Or you could pick one of the stories that you jotted down and start off the conversation with that.
- When the other person is talking, tell them about your reaction to what they are saying. Or you could ask them a question to get them talking more about what they did. Because the other kid can't see your face, those kinds of comments are the only way they'll get the idea that you are interested in them.

Here's the scorecard for you, to help you keep track of what you've learned.

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(Continued)

My name: _____ Today is _____

I called _____

Here's what we talked about:

Good stuff that happened to them:

1. _____

2. _____

Lousy stuff that happened to them:

1. _____

2. _____

Good stuff that happened to me:

1. _____

2. _____

Lousy stuff that happened to me:

1. _____

2. _____

Stories I heard about from school, TV, or the Internet.

1. _____

2. _____

3. _____

(continued)

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When we will talk next time or what we planned to do together: _____
