



Let's Be Friends: A Workbook to Help Kids Learn Social Skills and Make Great Friends

Lawrence Shapiro PhD

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This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients.

Having friends is important! Research shows that adolescents who have a history of positive peer relationships are more resilient and better able to deal with life changes and stress. Unfortunately, the research also tells us that lots of kids have trouble making friends. Now there's help. In **Let's Be Friends**, children learn how to form strong and lasting friendships. As they work through the fun exercises in this book, kids develop the confidence and skills to reach out to others, communicate effectively, and resolve conflicts with compromise. As important, they learn how to accept rejection and move on when a friendship doesn't work out. This book is appropriate for kids between the ages of six and twelve.

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