

SB/pg 36/ Ex' 1

Hi Ann, I know it can be hard to make friends when you're shy, but there are some things you could try to help. You **could** start by smiling at people or saying hello—it's a simple way to show you're friendly. You **should** also join a club or group at school where you can meet people who share your interests. **Why don't you** try talking to someone sitting alone at lunch? They might be shy too and would love to have a friend like you. Remember, being yourself is the best way to connect with others!

Hi George, I know it's tough when someone is upset with you, but you could start by focusing on small steps to do better at school. You **should** try organizing your time so you can finish your homework and study without feeling rushed. **Why don't you** ask your teacher for help if you're struggling with something? They'll be happy to guide you. You **could** also review your notes a little each day instead of cramming before a test—it really helps. Remember, doing your best is what matters most!

Hi Vicky, I know it's frustrating when your parents don't let you go out with your friends, but maybe you **could** talk to them calmly and explain how important it is to you. You **should** try telling them who you'll be with, where you're going, and when you'll be back so they feel more comfortable. **Why don't you** suggest inviting your friends over to your house first? **That way**, your parents can get to know them and might feel more at ease next time. Showing them that you're responsible could help build their trust!