



# The Art of Patience in Friendship

*An EZducate Social Learning Story*

Target Skill: Maintaining friendships

Reading Level: Teen

Story Type: Social story

Approach: Explicit

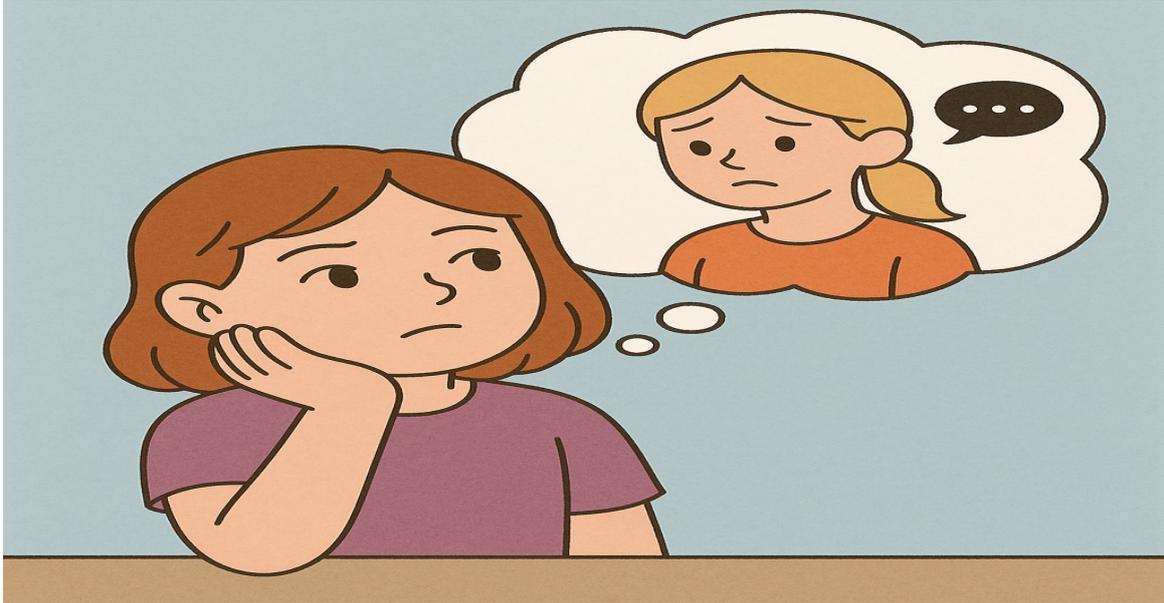
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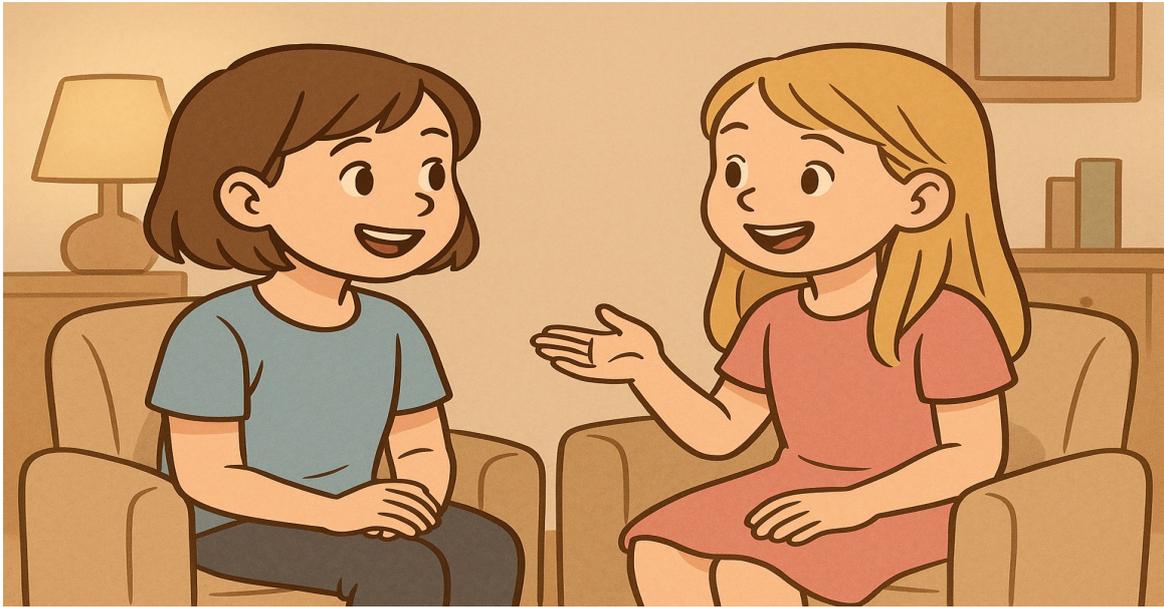
## The Art of Patience in Friendship



My name is Emily, and I am learning how to be patient with my friends. Friendships are special, and it is important to know how to keep them strong.

Sometimes, I feel like I'm always the one reaching out to hang out or talk. It can be hard not to feel frustrated when my friend, Lily, doesn't always answer right away. But I know that good friends understand each other's busy lives.

When I feel annoyed, it's helpful to remember that Lily might have things going on that I don't know about. For example, she might have a lot of homework or a family event. Thinking about this makes me feel a little less upset.



In friendship, it helps to be patient and to give my friend some time. For instance, sometimes Lily needs space before she's ready to talk. Waiting shows respect, and respect is important for friendship.

Being patient involves waiting calmly. I can focus on other things while I wait for Lily to call or text back. Reading a book or listening to music makes the waiting easier and helps me feel more relaxed.

I remind myself that friendships take time and understanding to grow. When Lily and I find time to talk, we have so much fun sharing stories and laughing together. Patience helps keep our friendship strong and joyful.

By being patient, I show Lily that I care about her feelings and our friendship. This makes me feel proud and hopeful. I am learning that patience is a good way to maintain friendships.



## Key Social Concepts

patience

understanding

respect

time management

emotional regulation

## Social Rules

- friends may have busy lives
- waiting calmly shows respect
- good friendships require patience and understanding



## Social Understanding Questions

### 1. Why is Emily sometimes frustrated with her friend Lily?

- A. Because Lily doesn't always respond right away \*
- B. Because Lily never wants to hang out
- C. Because Emily is not interested in the friendship
- D. Because Lily is always busy with other friends

### 2. What does Emily do to manage her feelings of frustration while waiting for Lily?

- A. She focuses on other activities like reading or listening to music \*
- B. She decides not to be friends with Lily anymore
- C. She complains to other friends about Lily
- D. She sends multiple messages to get a quicker response

### 3. How does being patient help Emily in her friendship with Lily?

- A. It shows that she respects Lily's need for time and space \*
- B. It makes Lily feel guilty for being busy
- C. It ensures that Emily always gets her way
- D. It allows Emily to avoid talking to Lily

### 4. How does Emily feel when she practices patience with Lily?

- A. Proud and hopeful \*
- B. Angry and upset
- C. Bored and uninterested
- D. Confused and distant

\* Indicates the correct answer



## Social Cues Guide: Maintaining friendships

### Skill Description

Maintaining friendships is the ability to create lasting and meaningful connections with peers, showing understanding, empathy, and reciprocity in the relationship.

### Social Cues to Watch For

Social cues are the subtle signals people send through facial expressions, body language, tone of voice, and even posture. Key social cues for maintaining friendships include:

- Smiling or frowning: Indicates happiness or displeasure.
- Eye contact: Shows interest and attention. Lack of eye contact might suggest disinterest or discomfort.
- Body proximity: Moving closer can indicate trust, while stepping back may suggest a need for space.
- Tone of voice: A calm and friendly tone suggests openness, whereas a harsh tone can show irritation or disagreement.
- Gestures: Nodding could indicate agreement or understanding, while crossed arms might suggest defensiveness or disagreement.

### Common Misunderstandings

- A friend ignoring you once means they no longer like you.
- If someone doesn't agree with you, you can't be friends.
- Friends must always include you in everything they do.
- A change in a friend's mood is because of something you did.
- Friendships should be perfect and free of arguments.

### Practice Scenarios

1. During lunch, your friend looks upset but isn't saying anything. What do you do?
2. Your friend didn't wave back at you in the hallway. How do you handle it?
3. You and a friend disagree about which movie to see. How can you resolve this?
4. Your friend laughs at a joke you told. What does this indicate, and what could you do next?
5. You notice your friend isn't participating in group activities like before. How could you address this?