



# 4 STEPS TO MAKING A NEW FRIEND

Phrasal Verbs





# ARE YOU A GOOD FRIEND?

Take this quiz to find out how good of a friend you are! Answer the following 10 questions honestly, and choose the response that best describes you. At the end of the quiz, you'll get your score and some feedback on your friendship skills. Good luck!

**1. When your friend is going through a tough time, what do you do?**

- A. Ignore them – you don't want to intrude.
- B. Offer to help, but only if they ask.
- C. Reach out and ask how they're doing.

**2. How often do you check in with your friends?**

- A. Never – you prefer to keep to yourself.
- B. Only when you need something.
- C. Regularly – you enjoy keeping in touch.

**3. Your friend tells you a secret. What do you do?**

- A. Share it with someone else – it's too juicy to keep to yourself!
- B. Keep it to yourself, but feel guilty about it.
- C. Respect your friend's trust and keep the secret.

**4. Your friend has achieved something important. What do you say?**

- A. "That's nice."
- B. "Good job, I guess."
- C. "Congratulations! I'm really proud of you."

**5. How do you react when your friend disagrees with you?**

- A. Get angry and stop talking to them.
- B. Try to convince them that you're right.
- C. Listen to their point of view and try to understand.





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**5. Your friend wants to try a new hobby, but they're nervous about it. What do you do?**

- A. Laugh at them – it's a silly idea.
- B. Give some usual, but not very enthusiastic words of support.
- C. Support them and offer to help if you can.

**6. Your friend cancels plans at the last minute. How do you react?**

- A. Get angry and never speak to them again.
- B. Try to make them feel bad so they do what was planned originally.
- C. Be understanding and suggest an alternative activity.

**7. How do you feel about your friends' success?**

- A. Sometimes jealous – why can't that happen to you?
- B. Indifferent – it doesn't affect you.
- C. Happy – you're genuinely pleased for them.

**8. Do you make an effort to remember important dates in your friends' lives?**

- A. No – it's not that important.
- B. Only if it's a big occasion, like a birthday.
- C. Yes – you like to show your friends that you care.

**9. Your friend is upset with you. How do you handle the situation?**

- A. Ignore them until they forget about it.
- B. Get defensive and argue with them.
- C. Apologize and try to make things right.



# ARE YOU A GOOD FRIEND?

## Results:



**Mostly A's:** You might need to work on your friendship skills. Remember, friendships are about give and take\* – sometimes you need to put in effort even if you don't feel like it.

**Mostly B's:** You're on the right track, but there's always room for improvement. Try to be more proactive in showing your friends that you care.

**Mostly C's:** You're a great friend! Keep up the good work and your friendships will continue to flourish.



\*compromises from both sides

# LET'S DISCUSS!

What qualities do you think are important in a friend?

How can you maintain a long-distance friendship?

Do you think it's possible for people of different ages to be good friends?  
Explain your answer.

How has social media affected the way we form and maintain friendships?

Do you think it's important to have a lot of friends, or is it better to have a few close friends?

How do you handle conflicts with friends?

Can you be friends with someone who has different beliefs or interests than you do?





# PHRASAL VERBS ABOUT FRIENDSHIP



Match the highlighted phrasal verbs to their definitions.

1. I haven't seen my old friend in years, we should **catch up** over coffee sometime.
2. I always try **to keep in touch with** my high school friends even though we live in different cities.
3. I like **to hang out** with my friends on weekends and go to the movies or have a BBQ.
4. If you need anything, don't hesitate **to reach out to** me.
5. I **get on** well with my coworkers and we make a great team.
6. I'm hoping **to make up with** my friend after not speaking to her for months.
7. He **let** his team **down** by not showing up for the game.
8. Can you **check in on** your sister and make sure she's okay?
9. I **fell out with** my best friend over something silly and we haven't talked since.
10. I always **stick up for** my little brother when he's being bullied at school.
11. I **ran into** my old high school friend at the grocery store yesterday.
12. It's difficult for me **to get along with** people who have a different sense of humor than me.
13. It's natural for people **to grow apart** as they get older and their interests change.

- a) to make contact with someone, often to offer help or support.
- b) to become less close to someone over time.
- c) to meet someone after a period of time and talk about what has happened in the meantime.
- d) to have a good relationship with someone.
- e) to meet someone unexpectedly.
- f) to disappoint or fail someone by not doing what was expected or promised.
- g) to maintain contact with someone, usually through phone, email, or social media.
- h) to defend or support someone, especially when they are being criticized or treated unfairly
- i) to contact someone to see how they are doing or if they need help.
- j) to have a friendly relationship with someone.
- k) to make peace with someone after an argument or a fight.
- l) to have a disagreement or conflict with someone that leads to a break in the relationship.
- m) to spend time with someone in a casual or relaxed way.



# ANSWERS



1.c. 2.g. 3.m. 4.a. 5.d/j. 6.k. 7.f. 8.i. 9.l. 10.h. 11.e. 12.j/d. 13.b.

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- m) to spend time with someone in a casual or relaxed way.



# PHRASAL VERBS ABOUT FRIENDSHIP

Rewrite the following sentences using the phrasal verbs given in the brackets. Make sure the meaning of the original sentence remains the same.

1. Sarah and Tina always **spend time together**.

.....  
2. I'm sorry I **disappointed** you by not showing up at your party.

.....  
3. We were close friends in college, but we've **drifted apart** over the years.

.....  
4. Jake is such a great friend; he always **defends** me when someone is mean to me.

.....  
5. I need to **contact** my cousin and **see how he's doing**.

.....  
6. After our argument, I knew I had to apologize to my friend to **make things right**.

.....  
7. I **accidentally met** my old boss in the grocery store last week.

.....  
8. Tom and his sister **have a good relationship**; they never argue or fight.

.....  
9. They were really close, but now they **don't even say hello to each other**.

.....  
10. I'm not sure how to approach the professor about my grades, but maybe I could **ask** a tutor **for help**.





# ANSWERS

Rewrite the following sentences using the phrasal verbs given in the brackets. Make sure the meaning of the original sentence remains the same.

1. Sarah and Tina always spend time together.

Sarah and Tina always **hang out** together.

2. I'm sorry I disappointed you by not showing up at your party.

I'm sorry I **let you down** by not showing up at your party.

3. We were close friends in college, but we've drifted apart over the years.

We were close friends in college, but we've **grown apart** over the years.

4. Jake is such a great friend; he always defends me when someone is mean to me.

Jake is such a great friend; he always **sticks up for** me when someone is mean to me.

5. I need to contact my cousin and see how he's doing.

I need to **check in on** my cousin and see how he's doing.

6. After our argument, I knew I had to apologize to my friend to make things right.

After our argument, I knew I had to apologize to my friend to **make up** with her.

7. I accidentally met my old boss in the grocery store last week.

I **ran into** my old boss in the grocery store last week.

8. Tom and his sister have a good relationship; they never argue or fight.

Tom and his sister **get on/get along well**; they never argue or fight.

9. They were really close, but now they don't even say hello to each other.

They were really close, but they **fell out**.

10. I'm not sure how to approach the professor about my grades, but maybe I could ask a tutor for help.

I'm not sure how to approach the professor about my grades, but maybe I could **reach out to** a tutor for help.





# LET'S PLAY!

**ENG HUB PHRASAL VERBS**

Drag the hearts.

I promised to \_\_\_\_\_ my friend's cat while they're on vacation.

- A) keep in touch with
- B) hang out with
- C) run into
- D) check in on

Team 1

Team 2

CLICK HERE

*Now let's practice using phrasal verbs in a fun way!  
Play in teams or player VS player.  
Collect as many cards as possible!  
Have fun!*



**PLAY NOW**

# LET'S TALK!

Have you ever fallen out with a close friend? What caused the disagreement and did you make up?

How often do you catch up with old friends from kindergarten, school or university?

Can you think of a time when you had to stick up for a friend? What happened?

Do you prefer hanging out with a few close friends or being part of a big group? Why?

Have you ever grown apart from a friend over time? What caused it and how did you feel?

How do you usually check in on your friends if they are going through a tough time?

Have you ever run into an old friend unexpectedly in a public place? What did you do?





# 4 STEPS TO MAKING A NEW FRIEND

You are going to watch a video about making friends. There are a few more useful phrasal verbs and idioms in the video.

Try to match their beginnings with the endings. Their meanings are next to the beginnings of the phrases.

choose someone or sth from a number of alternatives	----->	pick	in common
go to live in another area	----->	move	a shot
have shared interests or characteristics	----->	have something	evil
something that is unwanted but must be accepted	----->	a necessary	out
to be friendly with each other immediately	----->	hit it	by ear
try doing something for the first time	----->	give	talk
make an effort to be or appear to be calm	----->	play it	away
social conversation about unimportant things	----->	small	cool
to decide what to do when you know what is happening, rather than planning in advance	----->	play it	off



# ANSWERS

You are going to watch a video about making friends. There are a few more useful phrasal verbs and idioms in the video.

Try to match their beginnings with the endings. Their meanings are next to the beginnings of the phrases.





# LET'S PRACTICE!

Use the phrasal verbs and expressions on the right in the sentences below.

1. When you meet someone new, it's a good idea to ..... and start with some easy conversation topics.

2. Sarah and I met at a party and we ..... immediately. We talked for hours and exchanged phone numbers.

3. I'm not sure what we're doing tonight, let's just ..... and see how we feel later.

4. I know it can be difficult, but sometimes you have to ..... and start over in a new place to meet new people.

5. Finding friends in a new city can be tough, but if you ..... with someone (share some interests), it's a great way to start a conversation.

6. I'm not a big fan of large events and conferences, but they can be ..... when it comes to making new professional connections.

7. I'm trying to ..... a new outfit for my date tonight. Can you help me choose something?

8. I've always wanted to try skydiving. I think I'm finally ready to .....

9. If you're interested in someone, it's important to ....., not to be nervous and not come on too strong.

move away

pick out

hit it off

play it cool

give it a shot

make a small talk

a necessary evil

have sth in common

play it by ear





# ANSWERS

Use the phrasal verbs and expressions on the right in the sentences below.

1. When you meet someone new, it's a good idea to **make a small talk** and start with some easy conversation topics.
2. Sarah and I met at a party and **we hit it off** immediately. We talked for hours and exchanged phone numbers.
3. I'm not sure what we're doing tonight, let's just **play it by ear** and see how we feel later.
4. I know it can be difficult, but sometimes you have to **move away** and start over in a new place to meet new people.
5. Finding friends in a new city can be tough, but if you **have something in common** with someone (share some interests), it's a great way to start a conversation.
6. I'm not a big fan of large events and conferences, but they can be **a necessary evil** when it comes to making new professional connections.
7. I'm trying to **pick out** a new outfit for my date tonight. Can you help me choose something?
8. I've always wanted to try skydiving. I think I'm finally ready to **give it a shot**.
9. If you're interested in someone, it's important to **play it cool**, not to be nervous and not come on too strong.





# 4 STEPS TO MAKING A NEW FRIEND

What can be the steps to making a new friend? Watch the video and check if you mentioned any of those from the video.

Complete the sentences below. Watch the video again if necessary.



1. When you were a kid ..... was a little easier than it is now.
2. All your friends have ..... or you have to pursue a career.
3. Step 1: Make a list of the things you .....  
.....
4. .... the activities that can be done in group settings.
5. Doing stuff you are into is a surefire way to meet people you already..... with.
6. You might not .....with everyone you talk to, but trying is the only way to find someone you do connect with.
7. Just remember to ....., you don't want to move too fast.

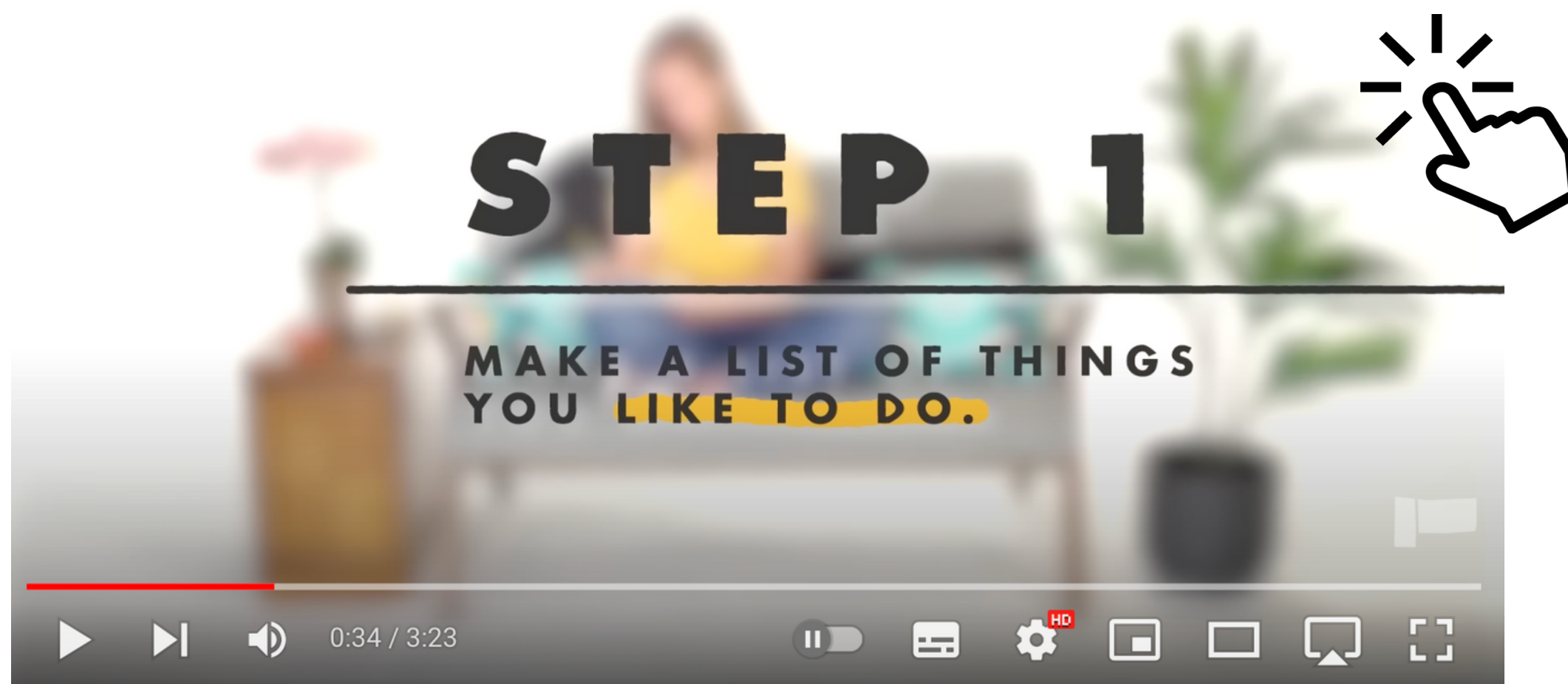
8. We should .....sometime.
9. If something feels right, .....
10. Just remember that friendships aren't found, .....





# ANSWERS

What can be the steps to making a new friend? Watch the video and check if you mentioned any of those from the video. Complete the sentences below. Watch the video again if necessary.



1. When you were a kid **making friends** was a little easier than it is now.
2. All your friends have **moved away** or you have to pursue a career.
3. Step 1: Make a list of the things you **like to do**.
4. **Pick out** the activities that can be done in group settings.
5. Doing stuff you are into is a surefire way to meet people you already **have things in common** with.
6. You might not **hit it off** with everyone you talk to, but trying is the only way to find someone you do connect with.
7. Just remember to **play it by ear**, you don't want to move too fast.

8. We should **hang out** sometime.

9. If something feels right, **give it a shot**.

10. Just remember that friendships aren't found, **they are formed**.



# LET'S DISCUSS!

Read the comments. Discuss them with your partner/group/teacher. Do you agree or disagree? Can you relate to them? What advice would you give?

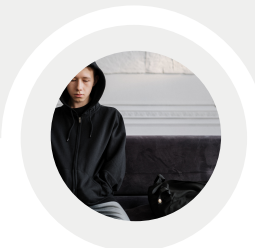
The problem for me is that most of the things I do are not related to going outside. I like gaming, graphic designing, learning new things and reading books.



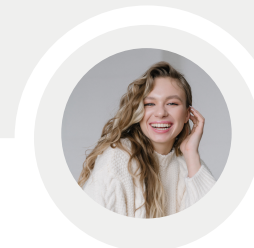
This was funny lol. But, I really can't do the second step. I haven't done that my entire life. I mean, going to a place regularly where you can meet people and then try small talk with them.



I'm 12 and its not easy to make friends in middle school. I find it really hard to come out of my comfort zone and I feel like I just can't do it 😞



Great video! I think the idea of joining clubs or groups to meet people is a good one. I've had success with that in the past. I also think it's important to be yourself and not try too hard. Genuine connections are the best.





# SYNONYMS OF THE WORD 'FRIEND'

Can you unscramble the synonyms of the word friend. Some of the words might be new, but quite a few of them should be familiar to you!



rob

nipacomon

cmuh

dubyd

alp

taem

mfa

*How many words do you know?*



# ANSWERS

Can you unscramble the synonyms of the word friend. Some of the words might be new, but quite a few of them should be familiar to you!



rob

nipacomon

cmuh

dubyd

alp

taem

mfa

bro

companion

chum

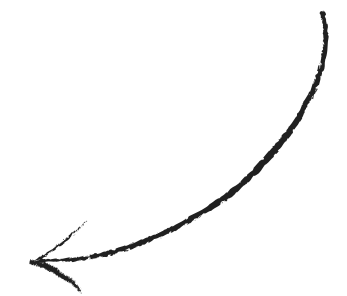
buddy

pal

mate

fam

*How many words  
do you know?*





# LET'S PLAY!

*Read the rules and play  
in teams or player VS  
player.*

You will see a card with 5 words. The task is to explain as many words as possible in 1 minute. You can play individually and explain the words to everyone or in teams, where you explain the words to your team. Get a point for every guessed word.

The teacher can use a timer. The player or team with the most points at the end of the game wins! The cards can be sent to the players privately before the game or the players can turn away from their screens and let one player see and explain the card.





*Explain as many words  
as possible in 1 minute.*



# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- MAKE FRIENDS
- COMMUNICATE
- GIVE ADVICE
- KINDNESS
- HELPFUL

The complex block contains a grey rectangular area with rounded corners. At the top, it has the text 'EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE'. Below this is an illustration of three people (two men and one woman) in a friendly conversation. At the bottom, there are five horizontal bars, each with a heart icon and a topic: 'MAKE FRIENDS' (green), 'COMMUNICATE' (yellow), 'GIVE ADVICE' (orange), 'KINDNESS' (light red), and 'HELPFUL' (dark red).



*Explain as many words  
as possible in 1 minute.*

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



- KEEP IN TOUCH
- SUPPORT
- HAVE SOMETHING IN COMMON
- CARING
- GIVE IT A SHOT

# LET'S PLAY!





*Explain as many words as possible in 1 minute.*

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- SMALL TALK
- TELL A SECRET
- LET SMB DOWN
- GROW APART
- BRO

# LET'S PLAY!







*Explain as many words  
as possible in 1 minute.*

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



- PLAY IT COOL
- GET ALONG WITH
- THOUGHTFUL
- FALL OUT WITH
- HUG

# LET'S PLAY!





*Explain as many words  
as possible in 1 minute.*

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



- TRUST
- CHECK IN ON
- RUN INTO SMB
- MEET FOR A COFFEE
- RESPECT

# LET'S PLAY!





*Explain as many words  
as possible in 1 minute.*



# LET'S PLAY!

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE

An illustration of three people (two women and one man) standing together and talking. One man is on the left, a woman in a yellow jacket is in the middle, and another woman is on the right.

- STICK UP FOR
- CALM DOWN
- SHARE INTERESTS
- PLAY IT BY EAR
- HONESTY










*Explain as many words  
as possible in 1 minute.*

EXPLAIN AS MANY WORDS AND  
PHRASES AS YOU CAN IN ONE  
MINUTE



-  CATCH UP WITH SMB
-  MATE
-  SOCIABLE
-  REACH OUT TO
-  COMPLIMENT

# LET'S PLAY!





*Explain as many words as possible in 1 minute.*

EXPLAIN AS MANY WORDS AND PHRASES AS YOU CAN IN ONE MINUTE



- HIT IT OFF
- FRIENDSHIP
- LOYAL
- UNDERSTANDING
- HANG OUT

# LET'S PLAY!





# EXTRA TASK

Choose the correct phrasal verb to complete each sentence:

1. I try to (keep in touch with / let down) my best friends, even if we're miles apart.
2. After our argument, we decided to (hang out with / make up with) each other and put the past behind us.
3. I'm planning to (catch up with / run into) an old friend from high school next week for coffee.
4. My roommate and I (get along with / fall out with) each other most of the time, but we have our occasional disagreements.
5. I always (fall out with / reach out to) my grandparents to make sure they're doing well and don't need anything.
6. When someone is being bullied, it's important to (stick up for / grow apart) them and show support.
7. It's easy to (let down / get on with) people who have similar interests and values as you.
8. I didn't expect to (run into / catch up with) my old boss at the grocery store yesterday.
9. Over time, some friendships (grow apart / make up with) and people move on in different directions.
10. When someone is going through a tough time, it's always nice to (check in on / hang out with) them and show your support.



# ANSWERS

Choose the correct phrasal verb to complete each sentence:

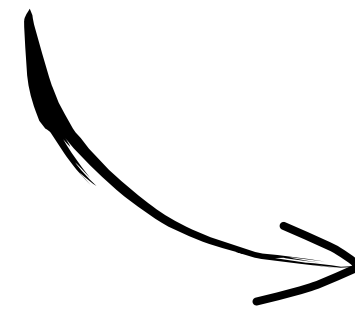
1. I try to (**keep in touch with** / let down) my best friends, even if we're miles apart.
2. After our argument, we decided to (hang out with / **make up with**) each other and put the past behind us.
3. I'm planning to (**catch up with** / run into) an old friend from high school next week for coffee.
4. My roommate and I (**get along with** / fall out with) each other most of the time, but we have our occasional disagreements.
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# QUIZLET SET

*Revise the words and complete different activities to memorize them even better.*







**THANK  
YOU!**

