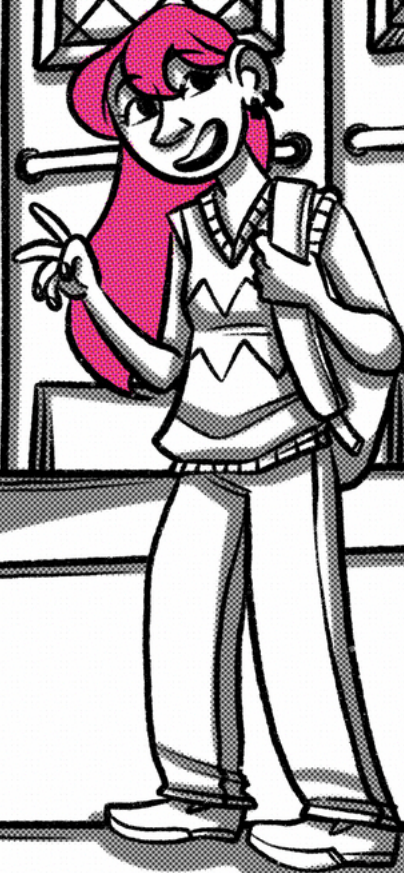


flow

FLUW HIGH S

Alright, so school's starting. Maybe you're at a new school and don't know anyone. How d'you make friends? It's hard, but not as hard as you think. Welcome back to

FLOW LIFE SKILLZ!!

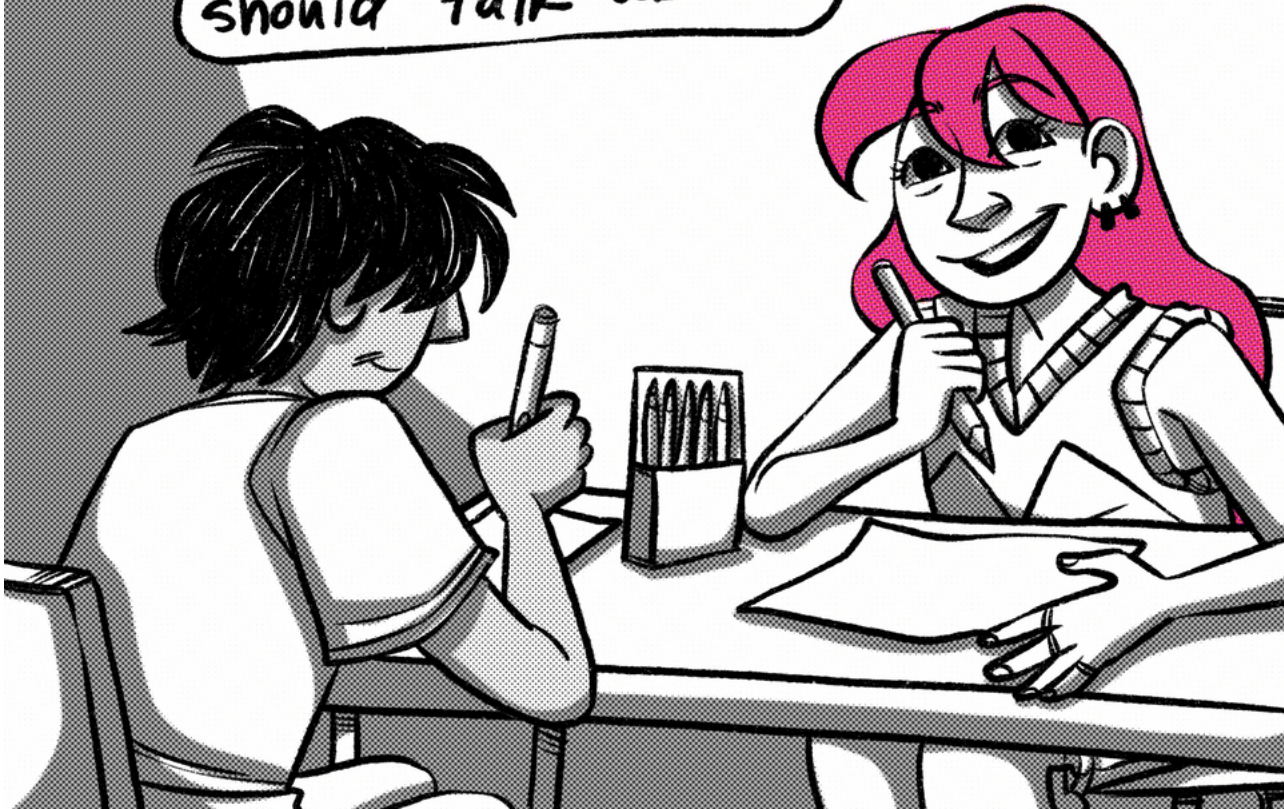




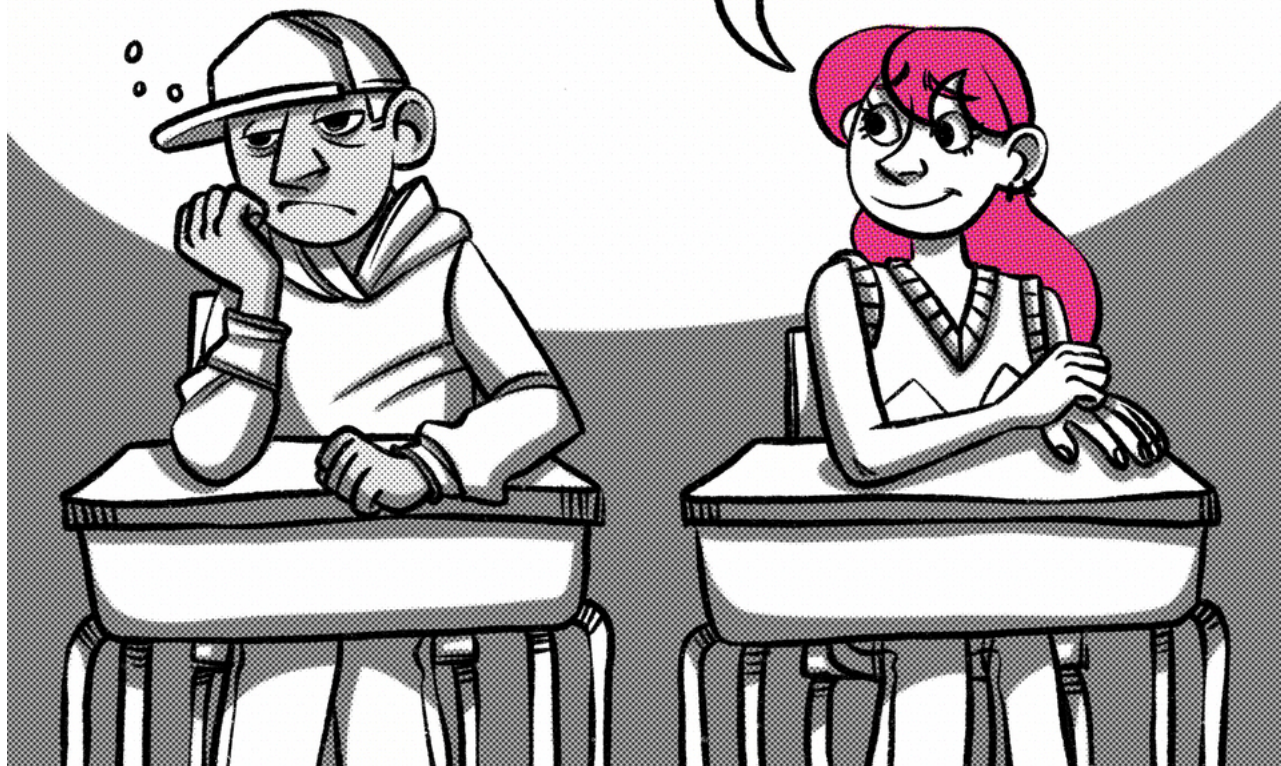
CLUB SIGNUPS

Do you have any hobbies? Maybe you like to draw, or dance, or play a sport! Join a club on your campus with other people who are into the same stuff!

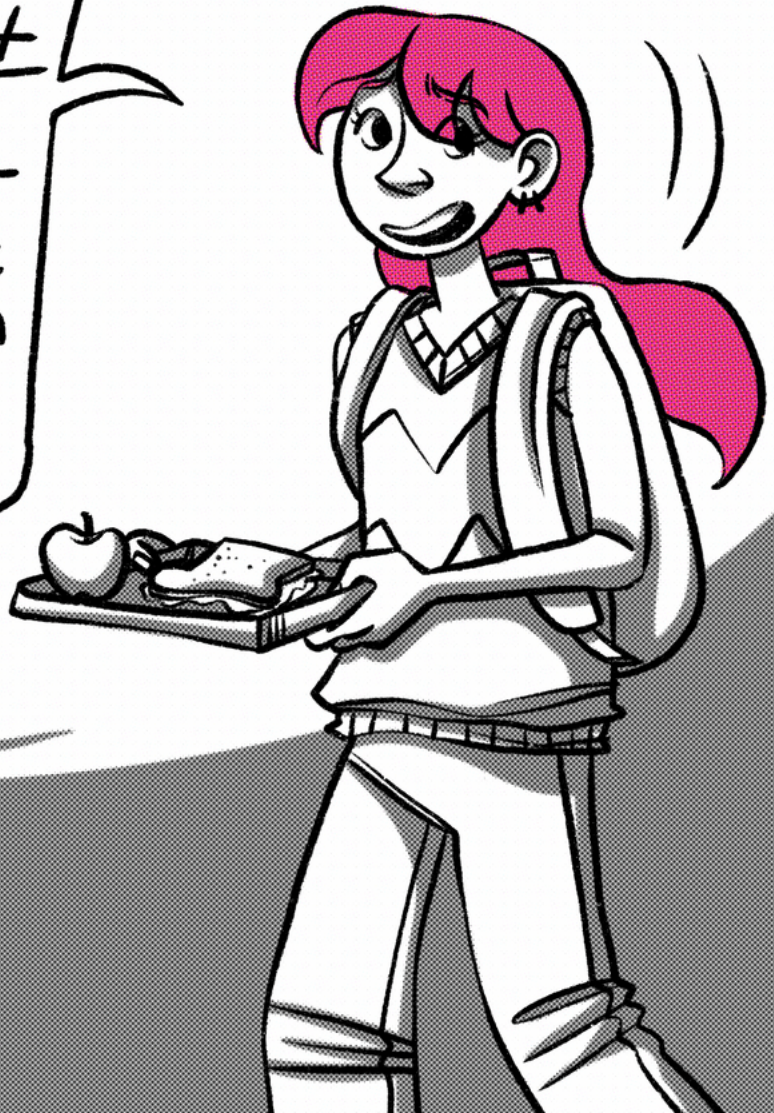
Shared hobbies are a super easy way to connect with people and bond over stuff without stressing about what you should talk about.



In class, if you're sitting next to people you don't know, **ACTUALLY TALK TO THEM**. Ask them questions about themselves. Get to know them!



This is a hard one, but don't let yourself sit alone at lunch. People are nicer than you'd think. Just ask to join!



In general, just don't let yourself be blocked off from newness. Without newness, there are no new friends. And we love new friends!

