**Buddy Bench**

What is a Buddy Bench?

Essentially, Buddy Benches are benches that help students at school make new friends. It also helps them become included within their class. When a student is sitting on the bench looking for friends, other students can ask them to play or join their game during recess.

How do Buddy Benches help the students sitting on them?

Students who sit on the bench may feel left out or not comfortable with asking others to play. Other students who see this student sitting on the bench can take the time to become friends with them!

**Buddy Benches blossom friendships!**

The Importance of Inclusion

Feeling included within a friend group is significant for a developing student. Students begin learning social skills, building confidence, and learning about their goals and desires. The first step to this development starts with the feeling of inclusion at the place development starts at — school.

Social — Isolation

It's very common that an individual may feel afraid of being alone or excluded the rest of their life. This could be due to the fear of social isolation. Social isolation could include limited social skills or interactions leading to feeling left out. Social isolation is a factor for poor health, where it still remains unclear. To prevent social isolation, one can practice talking to others, and making new friends bit by bit.
Buddy Benches

What is a Buddy Bench?

A Buddy Bench is a special kind of bench in a playground or school yard. It is designated as a place where students can sit if they feel lonely or left out. It's a place where other students can go to play with them, making them feel included and feel better about themselves.

How do Buddy Benches work?

The students sitting on the Buddy Bench are usually ones who feel left out or not comfortable being around others to play. Other students who see this student sitting alone can take the time to become friends with them. This is a way to help others feel included and to make new friends.

Social Isolation

Social Isolation is a very common problem that many individuals face. It can be caused by a variety of factors, such as being afraid of being alone or having difficulty connecting with others. This can be a challenging issue, but there are ways to overcome it and find a sense of belonging.
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