

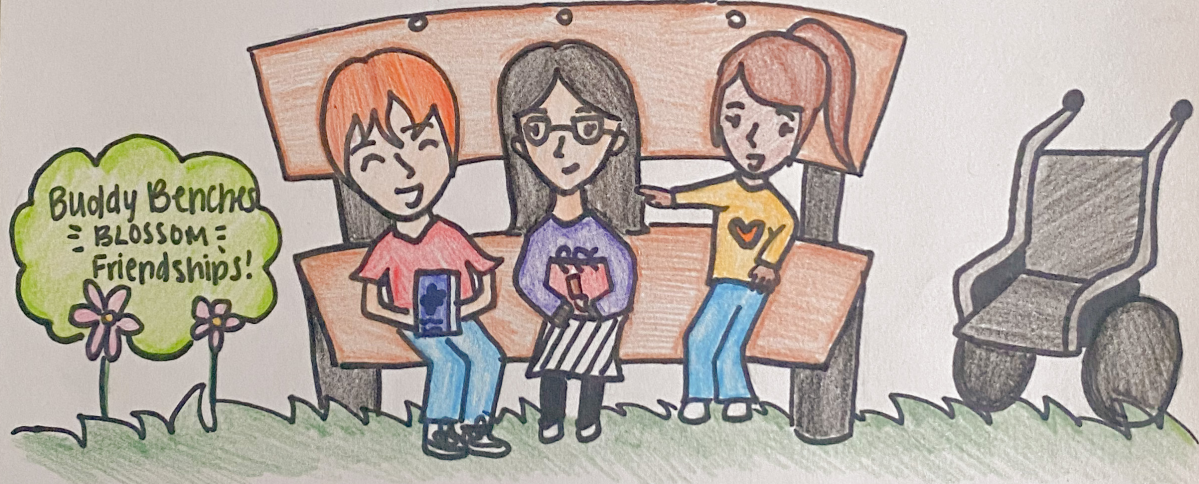
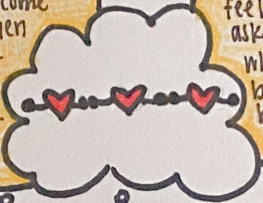
# Buddy Bench

## 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!



## 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.

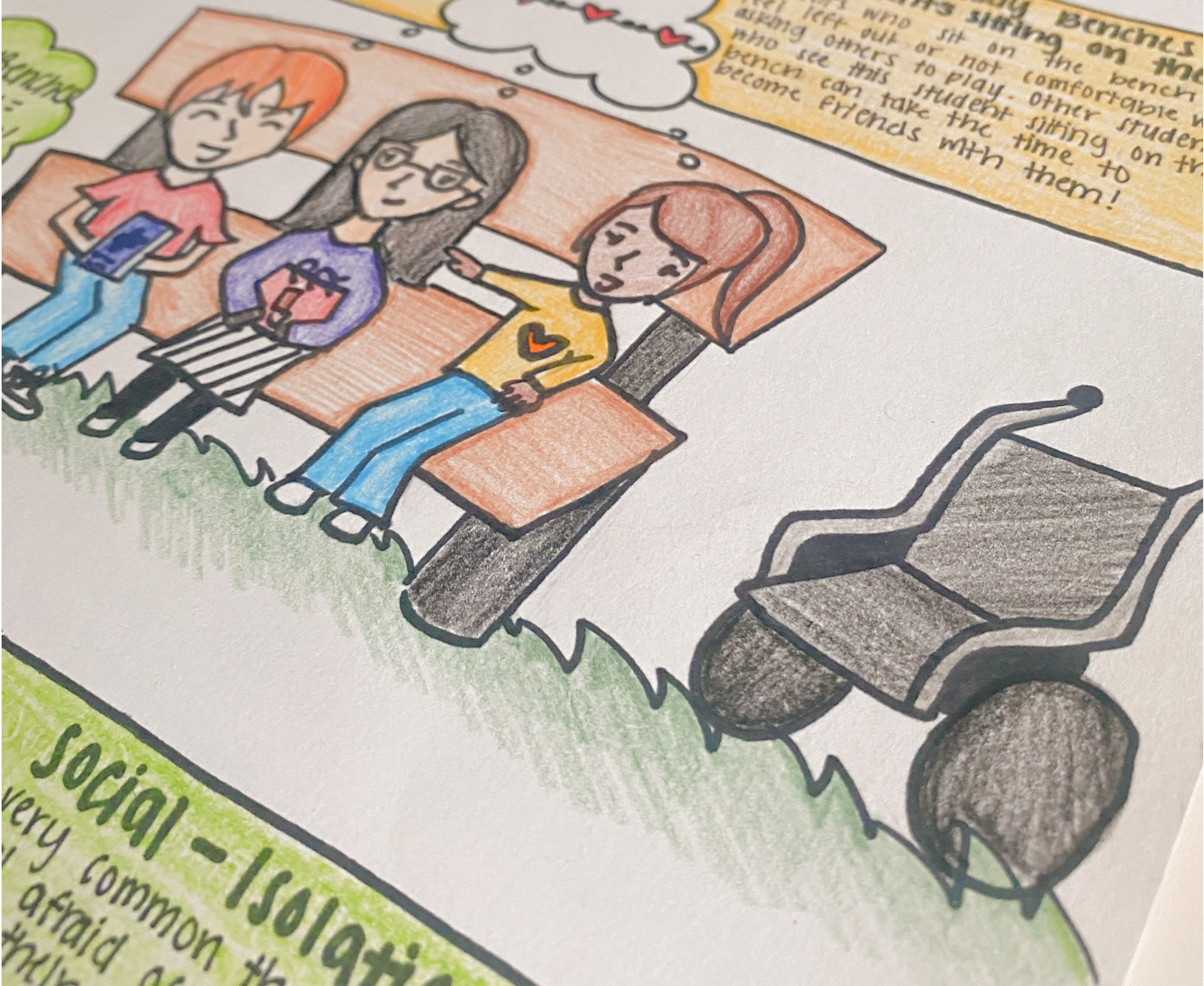
## Social - Isolation

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

**How do Buddy Benches help the students sitting on the bench?**  
Students who sit on the bench feel left out or not comfortable with others. Other students who see this student sitting on the bench can take the time to become friends with them!



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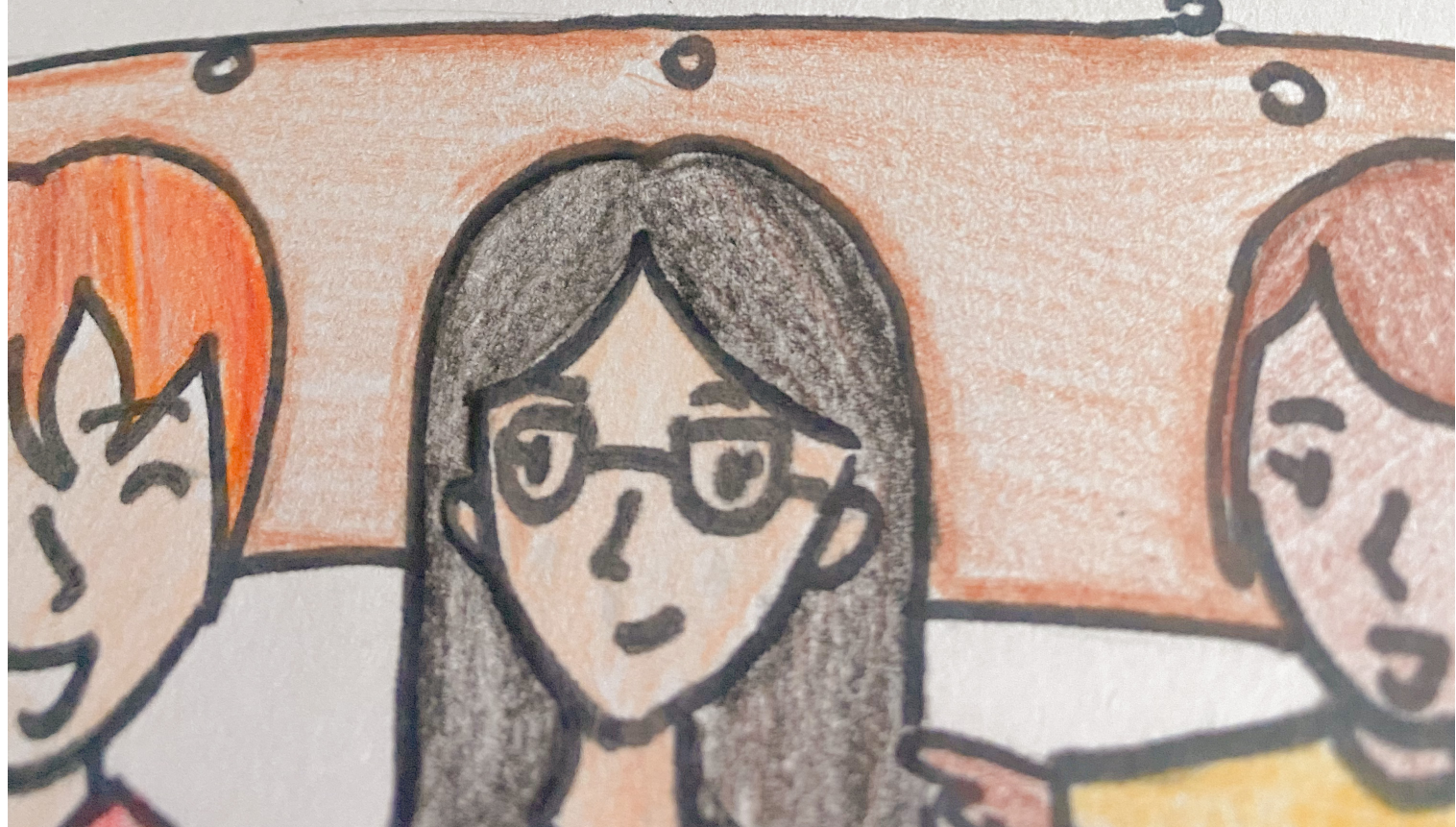
# Buddy Bench

## What is a Buddy Bench?

Buddy Benches are benches for students at school, make new friends and help them become part of their class. When sitting on the bench for friends, they can ask to join their class!

## How do Buddy Benches help the students?

Students who feel left out can ask other students who see the bench can become friends.



... is sitting  
bench looking for  
other students can  
them to play or  
game during recess

Buddy Benches  
= Blossom =  
Friendships!

