

Draw a picture or add photos of your best friends, family etc.



Ask someone to pick a number, then ask them the question.

1	2
What makes a good friend?	What can sometimes go wrong in friendships?
3	4
What are some good ways to respond to an argument?	Should we change who we are to fit in? Why or why not?

LIVE LIFE TO THE MAX

06. Friendship

This week we learned:

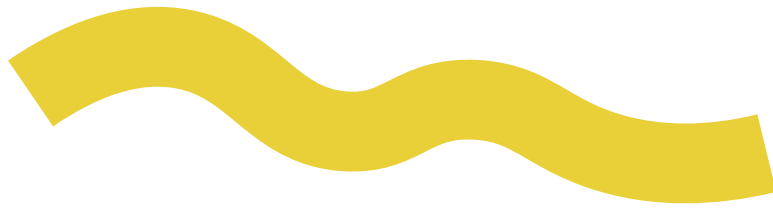
1. We all need friends.
2. How to be a good friend.
3. Having friends makes us happier.

Why not tell one person at home what you learnt about friendships today!



Watch the film again

www.1010.org.uk



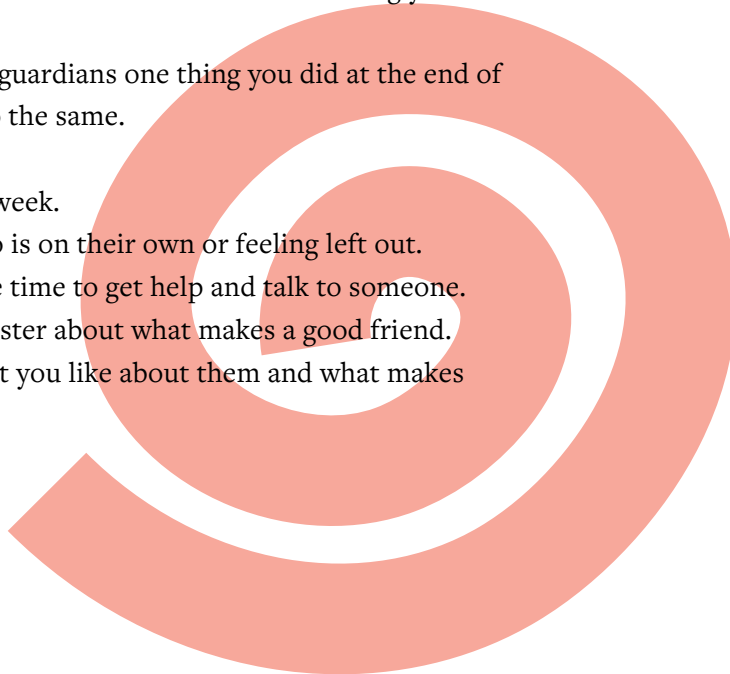
Activity

Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



- Tick if you've done it!
- Give someone you love a hug every day (don't forget to ask if they are okay with you hugging them).
- If you have an argument, practice some of the tips you learned today to help you respond to the situation.
- Spend some time with some of the adults in your family - ask them to tell you something about their lives or show them something you are interested in.
- Choose to tell your parents/guardians one thing you did at the end of each day and ask them to do the same.
- Play a game with someone.
- Offer to help someone this week.
- Try to include someone who is on their own or feeling left out.
- If you are feeling lonely take time to get help and talk to someone.
- Draw a picture or make a poster about what makes a good friend.
- Tell one of your friends what you like about them and what makes them a good friend.



Can you find the words that describe a good friend?

I Z F F X F Q B B R
 Y N S H A R E S S T
 L L C M G K Z K U V
 D L H L K I C D P L
 K I I O U N A N P X
 C S T C N D R N O R
 F T R A C E E X R Y
 U E U J Y B S S T K
 N N S R X V A T S C
 O S T H H E L P P S P

Supports	Kind	Honest	Trust
Listens	Shares	Fun	Cares
Includes	Helps		

What else do you think makes a good friend?