

Age
6+



TATF
THEY ARE THE FUTURE

FRIENDSHIPS ACTIVITY BOOK



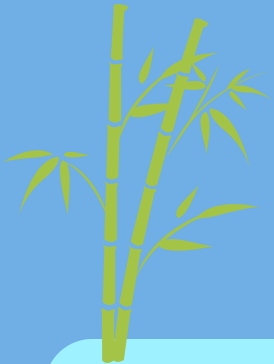
What makes a good friend?

My friends make me laugh, and will comfort me when I'm sad. What are some things you like about your friends?

1.

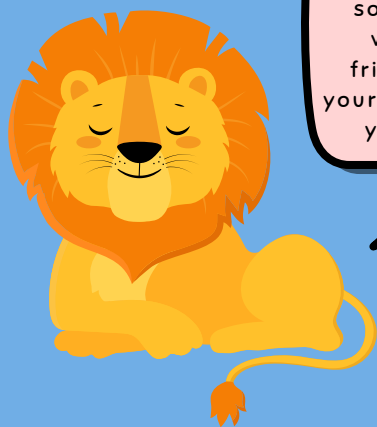
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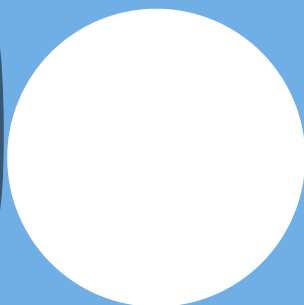


Can you think of a time when someone was a good friend to you?

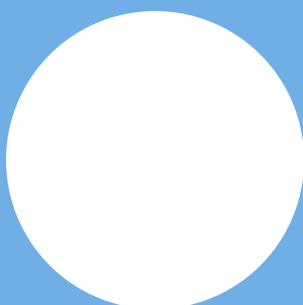
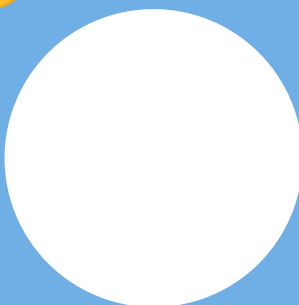
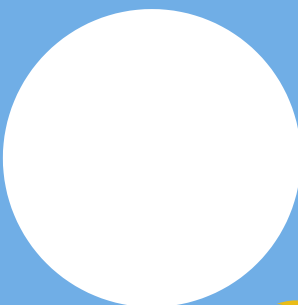
My interests and values



Friendships can be strengthened by sharing some key interests and values. When making friends, you can discuss your interests to find things you have in common!



Maybe you like a certain book or sport, or both! Draw one of your interests in each of the circles!



Circle any of these values that are important to you, and that you can then look for in a friend!

Kindness Loves learning open-minded
Courage Leadership Freedom gratitude
Fair Loyal Unique respect for others curious
Happy Bouncing back loving honesty
making a difference generous being alone
creativity

How can I be a good friend?

1.

2.

3.

I always listen carefully to my friends. What can you do to be a good friend?



Can you think of a time when you were kind or thoughtful to a friend?

What are your strengths as a friend? Circle them below!



loyal funny trustworthy fun
generous positive
forgiving kind helpful
interesting conversations
adventurous understanding
good listener playful
supportive
standing up for my friends honest

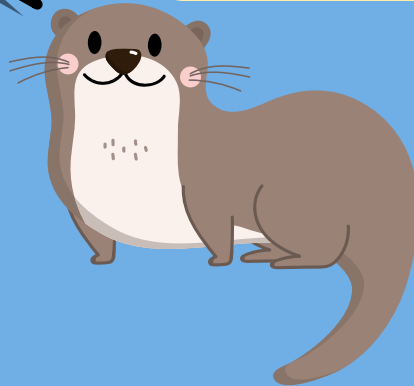
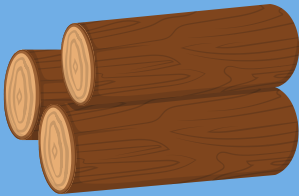
How can I keep a healthy friendship?

Showing your friends gratitude can be as simple as saying thank you. What can you do to show your friends you appreciate them?

1.

2.

3.



To be a good friend to someone else, you also need to be a good friend to yourself! What are some things you can do to be kind to YOU?

1.

2.

3.

Communication

Communication top tips!

1. Practice active listening. This means concentrating on what people are saying to you, and giving them your full attention.
2. Ask questions! This shows people that you are curious and interested in what they are saying.
3. Express your thoughts and feelings clearly. It is okay to slow down to make sure that your friends understand how you are feeling so that they can understand and support you!
4. Using non-verbal communication! Non-verbal communication can act like a secret code to let people know that we are friendly and engaged in a conversation. Smiling when appropriate, making eye contact and giving the other person physical space are important!
5. Be positive! People like to be friends with people that make them feel happy and loved.



Can you help me unscramble these words about communication?

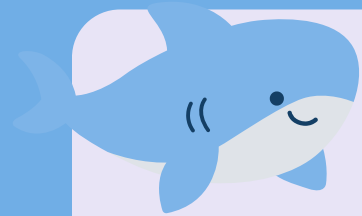
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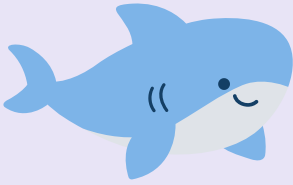
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Here are the answers!

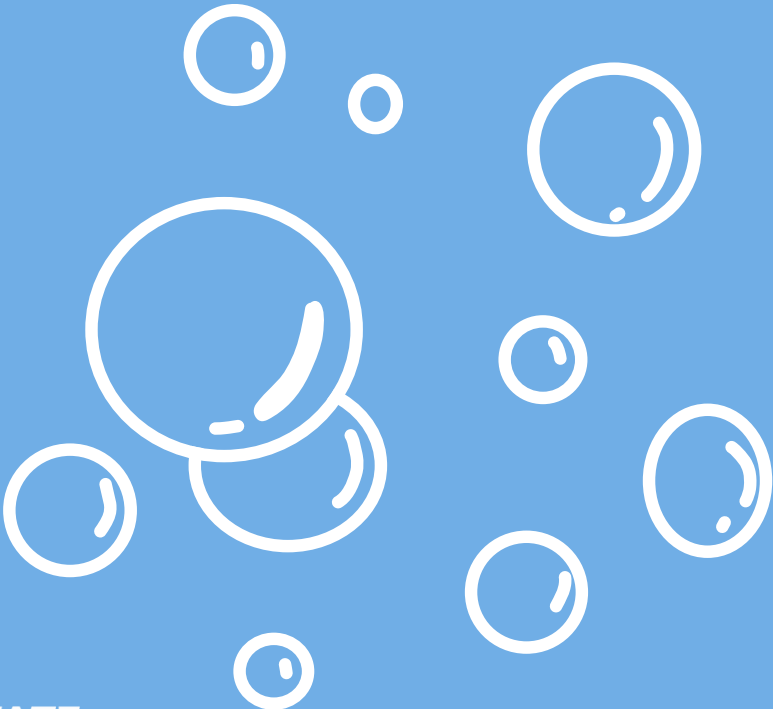
active listening

positive

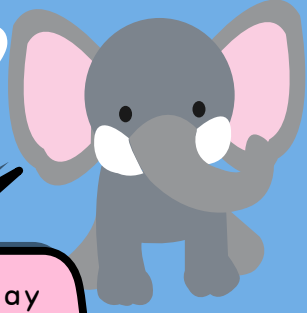
eye contact

questions

smile



How can I deal with conflict?



It's important to tell your friend how you feel, so that you can come to an agreement. This often involves compromise!

Fox wants to play tag, but I want to play football. How do you think we can compromise?



Empathy is putting yourself in someone else's shoes and showing them you understand how they are feeling. When is a time you have shown empathy?

Friendship activities!

Most of these you can do on your own or with a friend. Tick them off once you have tried them!



Make a collage on what it means to be a friend from old magazines and newspapers



Make friendship bracelets!



Write a letter to a friend, saying what you appreciate about them



Friendship bingo! Write down 10 actions or qualities that make a good friend and tick them off when you see someone do them!



Friendship passport! Make yourself a passport and decorate it. Then add a different friendship quality to each page. When you do one, give that page a stamp!



Friendship rocks! Paint and decorate a rock for a friend.



Friendship playlist! Make a playlist about friendship or to symbolise your friendship with someone.



Friendship goals!

What would you like to improve about your friendships?

Maybe you would like to be more supportive or spend more time with your friends. How are you going to achieve this?

Goal 1

How are you going to achieve this?

Goal 2

How are you going to achieve this?

Goal 3

How are you going to achieve this?

