

# FRIENDSHIP

Having real friends is one of the best things in life. Being popular and having real friends is not always the same thing. So what makes a good friend? A friend should make you feel comfortable and relaxed and you enjoy spending time together. A true friend will never make you feel dumb or nervous, or like you have to be someone you are not.

Friendships are not always easy. They sometimes take compromise, and disagreements have to be worked through. Just because you disagree with someone on one thing does not mean you cannot be friends. But some friendships do end. Some lose importance and slowly fade. Others will end suddenly due to a disagreement that cannot be worked through.

All friendships have limits. A friend would never ask you to do something you are not comfortable with. Some friendships just aren't healthy. If someone is being a user, a gossip or a betrayer, they are not your friend.

## HERE IS A LIST OF THINGS THAT REAL FRIENDS DO.

Do you think you are a good friend? Tick off all the things you think you are to your friends. Would your friends say the same things about you?

- |   |  |
|---|--|
| <input type="checkbox"/> listen         | <input type="checkbox"/> don't judge you     |
| <input type="checkbox"/> talk           | <input type="checkbox"/> are honest          |
| <input type="checkbox"/> share          | <input type="checkbox"/> respect differences |
| <input type="checkbox"/> are respectful | <input type="checkbox"/> show understanding  |
| <input type="checkbox"/> are loyal      | <input type="checkbox"/> help each other     |
| <input type="checkbox"/> are equal      |  |

Choose three of these things and think of an example for each of them.



## FRIENDSHIP QUOTES:

"IT TAKES A LONG TIME TO GROW AN OLD FRIEND."

"FRIENDS ARE THE MOST IMPORTANT INGREDIENT IN THIS RECIPE OF LIFE."

"EVERY PERSON IS A NEW DOOR TO A DIFFERENT WORLD."

"A HUG IS WORTH A THOUSAND WORDS. A FRIEND IS WORTH MORE."



# FRIENDSHIP BRACELET

Showing your friends you care about them is easy; you just need to put a little effort in! Lots of girls wear best friend's necklaces or bracelets so we've found a simple craft activity to help you on your way...(boys don't be afraid, get some blue and red and black colours and join in too!)

## YOU WILL NEED:

- 4 balls of different coloured knitting wool or yarn
- Scissors
- Sticky tape

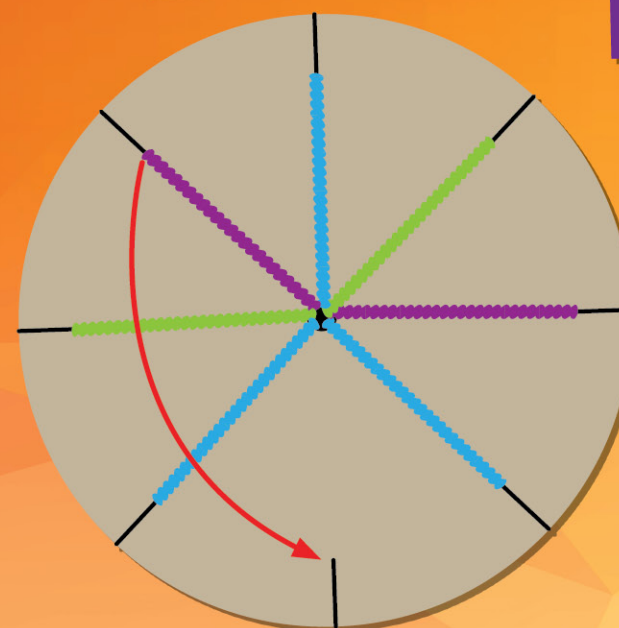
## WHAT TO DO:

1. Measure the length of your wrist, go around twice. That's the length you'll need to make a bracelet that will fit properly. Cut four pieces of yarn, all the same length, and tie them together at the top, with a knot. Tape the yarn to your pant leg, or the table to keep it steady.
2. Take the string on the far left, and cross it over the string to its immediate right, it should look like a number four. Pull the string through the opening, and pull it up tight. Repeat.
3. Take the first string over to the right, and repeat your actions above on the next string. Continue all the way across to make a row.
4. Repeat the above steps for each new thread on the left until you get to the end of the string.
5. Once you've reached the length you want, tie the end off with a knot, and then tie the two ends together on your wrist. Leave a little extra room, as your new bracelet will shrink a bit when it gets wet!



## BRACELET LOOM

Try this super-easy technique to make your own friendship bracelets.



## YOU WILL NEED:

- 7 wool threads. Approx 50cm each
- Cardboard
- Scissors
- Pencil and 8-10cm round template (i.e. A glass or can) or compass

## WARNING:

Ask an adult for help when using sharp tools or instruments.

## WHAT TO DO:

1. Use the template to draw a circle on the card then carefully cut it out.
2. Draw 4 lines across the card to create 8 equal segments.
3. Cut 1cm into each line so that you have 8 cuts around the rim. Poke a hole in the centre of the card.
4. Tie a knot at one end of the seven pieces wool and thread through the hole in the card.
5. Taking one strand at a time, thread it through one of the 1cm slots. You should have 7 slots filled in, with one empty slot.
6. Take the 3rd strand to the LEFT of the empty slot, remove it and thread it through the empty slot.
7. You will now have a new empty slot. Repeat the previous step, taking the 3rd strand to the left and threading it through the empty slot.
8. As your friendship bracelet gets longer, give it a gentle tug to pull the weaved thread through the card.