

25. Friendship

Worksheets

1. What Makes a Good Friend?
2. Friends are Alike and Different (boy)
3. Friends are Alike and Different (girl)
4. Problems with Friends
5. Restoring Friendship
6. What is a Friend?
7. Friendship Survey
8. How to be a Good Friend

Teaching Notes

1. Teaching Guide on Friendship (elementary school level)
2. Teaching Guide on Friendship (middle school level)
3. Activities
4. Friendship Quotes
5. International Friendship Day

Part 25

Friendship



affection between friends

Part 12

Friendship



affection between friends

What Makes a Good Friend?

What qualities do you think make a good friend? Make your own list of words.



.....
.....
.....
.....
.....



.....
.....
.....
.....
.....



* What are the three most important qualities?

.....

* What is the most important one?

* Which qualities do you have as a friend?

.....

* What can you do to be a better friend?

.....

Friends are alike and different

Make a comparison between yourself and a friend.



me



my friend

A series of ten horizontal dotted lines for writing a comparison.

Problems with Friends

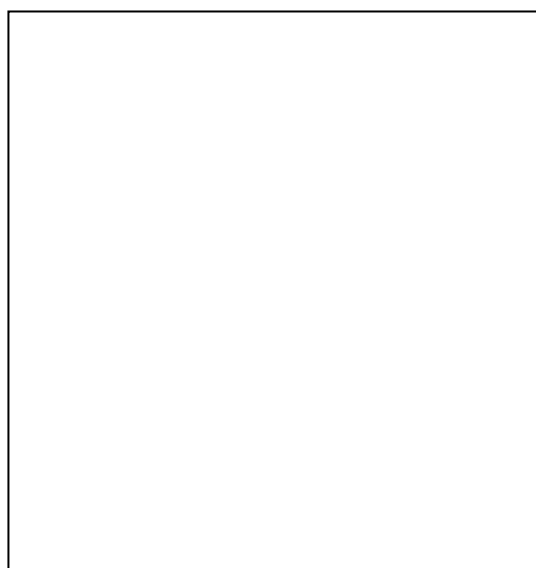
Each picture shows a problem that can happen amongst friends. Write under each picture what the problem might be. What do you think caused it? Think of a time when you had a problem with a friend. Write about it and draw a picture.











Restoring Friendship



What can you do to restore your friendship with someone in these situations?

a) When you fight or get angry.

.....

.....

.....

b) When you say bad things and hurt your friends feelings.

.....

.....

.....

c) When you can't forgive your friend.

.....

.....

.....

What is a Friend?



"The only way to have a friend is to be one."

"A friend is someone you can call up in the middle of the night because you have a problem or you need something, and they'll be there for you."

"A friend is someone who reaches for your hand but touches your heart."

"Best friends are like diamonds, precious and rare.
False friends are like leaves, found everywhere."

"A true friend overlooks your broken fence to admire your flowers."

"If all my friends were to jump off a bridge, I wouldn't follow.
I'd be at the bottom to catch them when they fall."

"True friendship, like God's love, has no age, no limits,
and, most important of all, it is everlasting."

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

Friendship Survey



* Name: Age Grade at school:

* Are you a person who has many casual friends? or a few very close friends?

* Do you have a best friend?

* Is your best friend within a year of your age? Within two years?

Within five years? Much older or younger than you?

* Do you have any close friends 10 years or more older or younger than you?

* What do you think is the most important quality in a good friend?

* What's your favourite thing to do with your friends?

* How are your closest friends similar to you?

* How are your closest friends different to you?

* Have you made a new close friend in the last year?

* Where have you found most of your closest friends?
(school, neighbourhood, church, a club, etc.)

* Are any of your close friends family members or relatives?

If so, how are these friends related to you?

* Would you like to have more friends?

HOW TO BE A GOOD FRIEND



To have good friends you must be a good friend. Here are some ways good friends treat each other:

- Good friends listen to each other.
- Good friends don't put each other down or hurt each other's feelings.
- Good friends try to understand each other's feelings and moods.
- Good friends help each other solve problems.
- Good friends give each other compliments.
- Good friends can disagree without hurting each other.
- Good friends are dependable.
- Good friends respect each other.
- Good friends are trustworthy.
- Good friends give each other room to change.
- Good friends care about each other.

25. Friendship

Teaching Notes

1. Teaching Guide on Friendship (elementary school level)
2. Teaching Guide on Friendship (middle school level)
3. Activities
4. Friendship Quotes
5. International Friendship Day

1. Teaching Guide on Friendship

(Elementary School Level)

HOW TO BE A GOOD FRIEND

To have good friends you must be a good friend. Here are some of the ways good friends treat each other:

- Good friends listen to each other.
- Good friends don't put each other down or hurt each other's feelings.
- Good friends try to understand each other's feelings and moods.
- Good friends help each other solve problems.
- Good friends give each other compliments.
- Good friends can disagree without hurting each other.
- Good friends are dependable.
- Good friends respect each other.
- Good friends are trustworthy.
- Good friends give each other room to change.
- Good friends care about each other.

EDUCATIONAL GOALS

- Children learn about the value of having good friendships.
- Children learn what makes good friendships work.
- Children learn that it's good to be open to friendships with people who are different.

THE VIDEO STORY

Rhonda and Fiona have been invited to a really great party, but their good friend Missie has been deliberately excluded because people think she's weird. Should Rhonda and Fiona go to the party? What can they do to help Missie feel better? How is Missie supposed to deal with being left out? As the three girls grapple with issues of friendship, loyalty, diversity, and change, they eventually succeed in working their way through the crisis and keep their friendship in order.

DISCUSSION QUESTIONS

If you are using the video, ask the first two questions before viewing.

1. Suppose you were invited to a birthday party but your best friend was deliberately left out. What would you do? Why?
2. Have you ever felt left out? What happened? Did you do anything about it?
3. Why do you think Missie didn't get invited to Priscilla's party?
4. How did Rhonda feel when she found out Missie wasn't invited to the party?
5. What was Rhonda's dilemma?
6. How do you feel about the choice Rhonda made?
7. How do you feel about the choice Fiona made?
8. Do best friends always have to do everything together? Do best friends always have to have the same friends?
9. What makes you a good friend?
10. Do you have a different best friend than you had a year ago? What happened? Did one of you change?
11. Why are friendships so important to us?
12. What is popularity? How important is it to you? Should friendships be based on popularity?
13. What do you think friendships should be based on?

GROUP ACTIVITIES

1. Write on the board, "To have good friends, you must be a good friend." Ask the children to explain that statement and to tell you why they either agree or disagree with it. Ask them to think of ways that good friends treat each other. List their answers on the board and discuss each one. Compare their list with the one on the opposite page.
2. Have the children look for examples of friendship behaviors in magazines or make pictures of them (see our list in "How to Be a Good Friend" at the top of this column). Then have them use the pictures to create a classroom collage. They could also contribute slogans or mottos about friendships.
3. Divide the class into groups of four or five. Each group's task is to choose one group member to play the role of a new kid in class. The new kid's challenge is to try to gain acceptance into the group. After the role-plays, discuss with the class how it felt to be the new kid and how it felt to be part of the "in-group." Discuss some of the different ways of "breaking in" to a new group.

4. Ask the children to think about how a movie or TV show dealt with friendship. Ask what someone in the show did that made him or her a good friend or a bad friend.
5. Brainstorm ways kids can be more tolerant and accepting of each other. Write them on the board. Then have the children work in small groups to create posters about accepting others. Display the posters in the classroom hallway.

WRITING ASSIGNMENTS

1. Make two lists: (1) things people do when they leave others out, and (2) things people do when they invite others in or make them feel part of the group. Discuss the lists in class.
2. Think about a time when you and a friend had terrific fun together. Write about why it was so much fun. What do you like about your friend that made it fun to be together?
3. Write a "Friendship Recipe" telling someone else how to be a good friend. Include the "ingredients" of a friendship and the "recipe" (steps) for being a good friend or making new friends.
4. Divide a piece of paper in half lengthwise. On one side make a list for the topic "I like a friend who...." On the other side make a list for the topic "Things I do for my friends...."
5. Pretend that a good friend has gone away and would like to hear from you. Write your friend a letter about why you miss him or her and the good times you used to have together.

HOME ASSIGNMENTS

To enlist the involvement of parents, make copies of the "For Parents" block (see below) and send them home with the children. Tell the children to discuss the video with their parents, and to perform the following activities.

1. Interview your parents, family members, or neighbors about a time when they felt left out of a group. Ask how they felt about it and how they handled the situation. Did they have someone they could talk to about it?
2. Ask family members to tell you about a time when a friendship of theirs changed or ended because their friend moved, became part of a different group, went to a new school, or some other reason. How did they feel?
3. Ask your family members to describe a time when someone they met surprised them by being different than they expected.

Note to the teacher or group leader: It might be a good idea to think of some way for the children to share the outcomes of these activities with each other. Perhaps they could give written or oral reports or discuss their experiences in small groups.

(Copy this block and send it home to the parents.)

FOR PARENTS

Dear Parent,

Your child is involved in learning-activities designed to develop good character and empower young people to make good choices for themselves. He or she may be asked to complete several tasks at home. Your cooperation with these activities will support our overall program.

The current lesson is about friendship. We have shown a video entitled "Being Friends," which presents a skit and discussion about what happens to three good friends when one of them is deliberately excluded from a party. We urge you to ask your child to tell you about this video program and what he or she learned from it.

Here are some things you can do to encourage your child to develop positive and healthy friendships.

- Encourage your child to talk with you about his or her friendships.
- If your child shows signs of feeling rejected or left out talk with him or her about it. Share a time when you felt the same way.
- Be sensitive to friendships that may involve negative activities or put-downs of other kids. Discuss it with your child and let him or her know how you feel about it.
- Encourage your child to show appreciation when a friend does something thoughtful or helpful.

2. Teaching Guide on Friendship

(Middle School Level)

HOW TO BE A GOOD FRIEND

To have good friends you must be a good friend. Here are some of the ways good friends treat each other:

- Good friends listen to each other.
- Good friends don't put each other down or hurt each other's feelings.
- Good friends try to understand each other's feelings and moods.
- Good friends help each other solve problems.
- Good friends give each other compliments.
- Good friends can disagree without hurting each other.
- Good friends are dependable.
- Good friends respect each other.
- Good friends are trustworthy.
- Good friends give each other room to change.
- Good friends care about each other.

EDUCATIONAL GOALS

YOUNG ADOLESCENTS LEARN:

- To recognize what makes a good friendship.
- That it is normal for friendships to change as we grow up.
- How to maintain good friendships through the tumultuous changes of adolescence.
- That it's good to be open to friendships with people who are different from us.

THE VIDEO

As children enter adolescence, issues of friendship become more complex and more central in their lives. This program explores such matters as: the characteristics of good friendship, the differences between "true" friends and "false" friends, how to prevent trouble and handle change in friendships,

and initiating new friendships. Also, we look at cliques & clubs, and what it means to either include or exclude others.

THE SERIES

In *Big Changes, Big Choices* comedian/teen counselor Michael Pritchard helps young adolescents discover that they have the power and the responsibility to make the right choices for themselves. The TV cameras follow him to middle schools in three different regions of the U.S. as he thrills his young listeners with unusual humor about growing up, and engages groups of teens in highly productive problem-solving sessions about serious issues that affect their lives.

DISCUSSION QUESTIONS

If you are using the video, ask the first two questions before viewing.

1. What qualities do you look for in a friend?
2. Are friends more important to you now than they were in elementary school? Why?
3. There's an old saying that goes "in order to have good friends you have to be a good friend." What does that mean. Do you think it's true?
4. What's the difference between a friend and an acquaintance?
5. One boy in the video said that a true friend is somebody who knows everything about you and still likes you. What do you think that means?
6. How do you tell the difference between true friends and false friends?
7. What is a "best friend?" Is it possible to have more than one "best friend" at the same time?
8. In what ways does friendship change as you get older?
9. The kids in the video talked about making space for their friends to go through changes. How do you do that? Is it always possible, or are some friendships destined to end?
10. Is there a difference between popularity and friendship? Can you be popular and not be a good friend? What is more important, being popular, or being a good friend?
11. Do you think there's something wrong with you if you aren't part of the popular set?
12. One girl in the video said that popular groups are sort of a whole big group of false friends. What did she mean by that? Do you think it's true?
13. Describe the groups or cliques that people you know associate with. Are the relationships within these groups real friendships? What's the difference between friendship and group membership?
14. The kids in the video said that cliques cut them off from people. Is that true in your experience?
15. What do you do if you want a person you have just met to become a part of your group, but the others don't want to have anything to do with this new person?

16. Have you ever been excluded from a group? What happened? How did you feel? What should we learn from that?
17. Are there kids here at school who get constantly excluded? How do you think that makes them feel? Is there anything you could do about it?
18. Are there any racial or ethnic barriers to friendship at your school? How do you feel about that?
19. What are the benefits of having friends who are different from us?
20. What was most meaningful to you in this video.

STUDENT ACTIVITIES

1. When you see someone you think you'd like to become friends with, what are some good ways to initiate things? Brainstorm this and make a list.
2. Brainstorm ways to be a good friend. (See "How To Be A Good Friend," at the top of this column.)
3. Let's see how you would handle some sticky situations that can happen in friendships. For each situation given below, answer these questions:
 - How would this make you feel?
 - What is a positive way to deal with it?
 - What is a harmful way to deal with it?
 - a. Your friend starts acting in ways that you think are wrong (drugs, stealing, being rude, etc.).
 - b. You find out your friend has been telling stories about you that aren't true.
 - c. Your friend keeps saying or doing something that hurts your feelings.
 - d. Your friend invites you to go swimming, but calls back an hour later to cancel. You find out your friend went swimming with someone else.
 - e. You and your friend both want to run for the same class office.
 - g. You and your best friend have romantic feelings toward the same person.
 - h. Two friends of yours are at odds with each other. They demand that you choose between them. You don't want to lose either of them.
 - i. Your friend wants to spend more time with you than you want to spend with him or her. You like this person very much, but you want more freedom to see other people, too.
 - j. Your friend is on the brink of failing a class and begs you to help him/her cheat on the final exam.

WRITING ASSIGNMENTS

1. Write about the best friendship you've ever had. What made (or makes) it so special? Describe your friend. What are the qualities that you appreciate most about this person?
2. Imagine that some day you will have a child. Write a letter for that child to read when he or she reaches the age you are right now. Tell the child about the different kinds of friendships (good and bad) you had at this age, and the important things you've learned about friendship. Offer advice on how he/she can have good friendships at this age.
3. Write about a time when you really felt hurt by a friend. What happened? How did you handle it? Did you tell him or her how you felt? What could you have done differently? What have you learned from this experience?
4. Have you ever been jealous of a friend? What happened? How did you handle it? How could you have handled it better? Has a friend of yours ever been jealous of you? What happened? What have you learned from either of these experiences?
5. Have you and a friend ever drifted apart? What happened? How do you feel about it? How do you deal with that loss? Is there anything you could (or should) do to get back together?
6. Write about a time when a friend really helped you with something - really came through for you when you needed him or her. How did that make you feel? Did you tell him/her?
7. Watch a television program and write about one of the characters. Is that person a good friend to any of the other characters? Explain. Would you like to have this character for a friend? Why, or why not?

FRIENDSHIP -- Ask students to name the qualities they look for in a friend (i.e. similar interests, willingness to share, loyalty, a good listener, etc.) Afterward, have the students find examples of where Libby and Ralph's friendship have the same qualities they have listed. Discuss this statement: In order to have a friend, you must first be a friend.

3. Activities

***The Knot** - Get the children to make a circle, ask them to put their hands into the middle. ask them to get hold of another hand in the middle . one for each hand. when all their hands are held, ask them to gently try and untangle themselves, to form a complete circle again. It does not matter if they end up facing inwards or outwards at the end. they should not let go of their hands they are holding. Depending on the age of child some adult help will be needed! Music to unravel to helps it to be more fun! This game promotes team work and friendship.

* Ask each other questions to find out about each other

* Practice a song together

*Bring baby photos

* Write a friendship journal

4. Friendship Quotes

"A friend is someone you can call up in the middle of the night because you have a problem or you need something, and they'll be there for you." ---Harold O'Brien

"The only way to have a friend is to be one." ---Ralph Waldo Emerson

"Make new friends, but don't forget the old ones." ---Yiddish Proverb

"Friends are like ivy on a wall, together they stand, and together they fall." ---Unknown

"A friend is someone who reaches for your hand but touches your heart." ---The Little Prince

"A good friend is hard to find, hard to lose, and hard to forget." ---Unknown

"Best friends are like diamonds, precious and rare. False friends are like leaves, found everywhere." ---Unknown

"A true friend overlooks your broken fence to admire your flowers." ---Unknown

"If all my friends were to jump off a bridge, I wouldn't follow. I'd be at the bottom to catch them when they fall." ---Unknown

"Don't walk in front of me; I might not follow. Don't walk behind me; I might not lead. Just walk beside me and be my friend." ---Albert Camus

"True friendship, like God's love, has no age, no limits, and, most important of all, it is everlasting." ---Alexander N. Cuenca

“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.” ---Dale Carnegie

“ It’s so much more friendly with two.” --- A. A. Milne

5. International Friendship Day (www.friendship.com.)

August 1st is International Friendship Day - and that means its time to recognise your friends and the great contribution they make to your life. Friends come in many shapes, sizes and guises... same-age friends, school friends, older friends, siblings, work colleagues, partners, parents, pets or neighbours. Remember, Friendship Day happens only once a year.. so make the most of it! :) Pull out all the stops and make your friends know they are truly appreciated. Need some suggestions on how to celebrate Friendship Day and show your friends they are special? Read on below for some suggestions and links...

- * Write a nice card for your friend telling them how much you appreciate their friendship. Spill out your heart to them as though there is no tomorrow.
- * Buy or make them a small present - flowers, chocolates, a cake, a dreamcatcher or anything that catches your imagination! Consider leaving the gift anonymously for added intrigue!
- * Hug someone, preferably your friend!
- * Make a point to call every one of your friends on Friendship Day to let them know you care

- * Make your friend a tape of all the songs that define your friendship (or ones that you just happen to mutually like!)
- * Submit a Friendship Tribute to your friend to be posted on the web.
- * Call all those old friends you haven't spoken to in ages.. remember the girl scout motto: "Make new friends and keep the old, one is silver and the other gold"!
- * Send your friend a greeting online at Club Greetings or 123 Greetings
- * Make a special friendship book for your best friend. Include photos, quotes and poetry telling your friends how special they are.

- * Invite your closest buddies over for a sleepover! Rent some movies and pig out on popcorn, chocolate and all forms of unhealthy food! Bring some blankets outside and watch the stars.
- * Plan a special day with your best friend or friendship group. A picnic is always a fun idea, and great for all ages. If you're physically-inclined, try an activity such as bowling, golf, rollerblading, cricket or going to the beach.
- * If you're all busy during the day, plan to go out to dinner with your friend(s). Dress up in your finest and have a fun night that's different from the norm.
- * Host a Friendship Dinner Party!

- * Write your friend a webpage to express your friendship online
- * Ring up a radio station and dedicate a song to Friendship Day and your friends!
- * Make some new friends by becoming a doer of RAOK - Random Acts of Kindness
- * Buy your friend a ticket to the theatre so you can enjoy a great show together. If you can't afford this, downscale to the movies!
- * Give your friend a Friendship Bracelet (made or bought) to symbolise your friendship

* Grab a camera or visit a photo machine and take some photos of you & your friends enjoying yourselves!

* Send ~The Friendship Page~ address to your friends (<http://www.friendship.com.au>) or send this page - to let your friends know you care about friendship! :)