



How much time do you think you spend as a family vs with friends? Fill in this scale below with two colours (one for family and one for friends) to see how you balance the different times

As a family, how do we decide who we can trust?

When we think about trust, we know that it can be really damaging when that trust is broken and make it hard to mend those relationships.

How can we tell when trust has been broken?

Good friendships can make us and bad friendships can break us

What do you think this means?

How to help: FRIENDSHIPS

FAMILY EDITION

Part of having friends is having fun! What do your family like doing with their friends to have fun?

Part of being a friend is to encourage and support your friends. Why don't you write a letter together as a family to some friends to tell them how much they mean to you.

Do you ever find it hard to be interested in things that your friends have to say?

Next time you see a friend, make sure you ask them how they are before they ask you!

Listen up! It's important that you listen to your friends just as much as they listen to you.





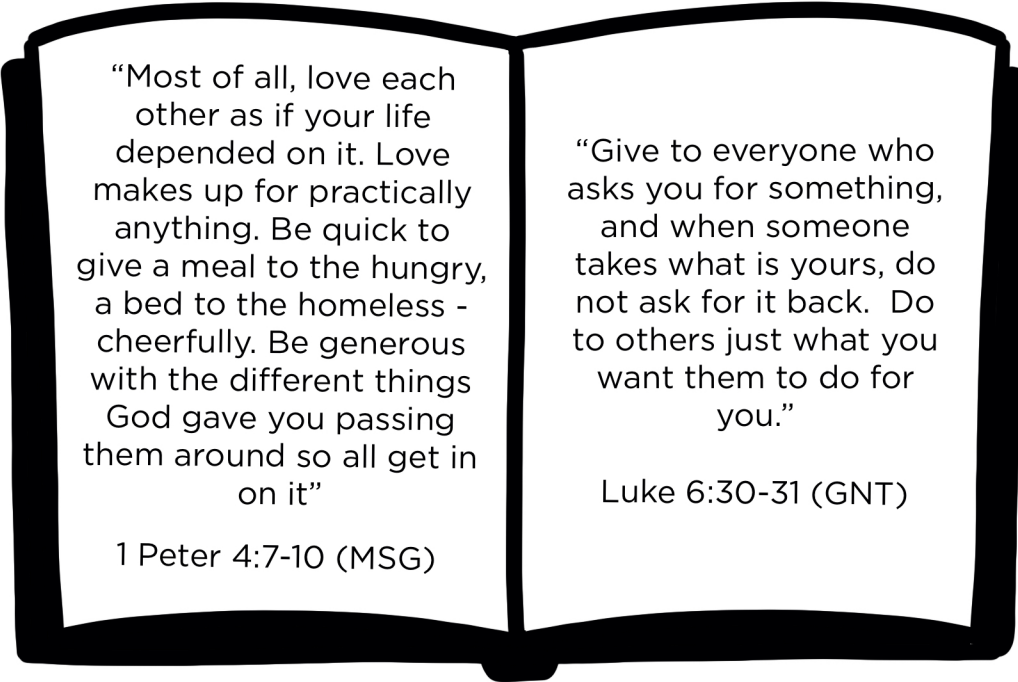
What makes a good friend?
 Chat about the kinds of qualities
 that make a good friend and
 write your top 6 here.

Which of these positive qualities
 of a friend do you think you're
 really good at as a family and
 which do you think you need to
 work on?

You do you think it's important to
 forgive your friends and say sorry?

When was the last time you had to say 'sorry' to a friend?
 What happened and what was their reaction?

Here's some advice about
 friendship from the Bible



"Most of all, love each other as if your life depended on it. Love makes up for practically anything. Be quick to give a meal to the hungry, a bed to the homeless - cheerfully. Be generous with the different things God gave you passing them around so all get in on it"

1 Peter 4:7-10 (MSG)

"Give to everyone who asks you for something, and when someone takes what is yours, do not ask for it back. Do to others just what you want them to do for you."

Luke 6:30-31 (GNT)

Do you agree with this? Tell someone in your family why or why not...

Friendships change over time. It's totally normal and happens to everyone

Through social media, there can be loads of pressure to get as many followers as you can.



Chat about what you think the difference is between a friend and follower...