

How to help: FRIENDSHIPS

For kids

Good friendships can make us and bad friendships can break us

What do you think this means?

Listen up!
Part of being a good friend is listening, giving people space to talk and being interested in what they have to say. You should treat people around you like this and good friends will also treat you in this way!

Part of having friends is having fun! What do you like doing with your friends for fun?

It's normal for friendships to change over time...

My friends like...

I like...

Everyone is unique and likes different things. Our friends won't always have the same hobbies and interests as us. Life can be a lot more interesting if we don't all do the same stuff. A good friend will encourage you rather than making you feel bad for liking a different sports team, music artist or TV show.

Trust:
Friends often share things in confidence (meaning that you can be confident that the friend won't share it around and tell other people). When trust is broken, it can be really damaging and hard to mend. Colour these chains in and think about how you would feel if you had your trust broken.

It's great to be there for your friends and to know that they will be there for you too when you're going through a tough time. Sometimes it can be helpful to have other support too like a teacher, parent or another adult you know or trust.

Write down the name of a trusted grown up here:

Do you find it hard to say sorry and forgive people when they hurt you?

Already have

Need to improve

What do you think makes a good friend? Write down a list of 10 things that you think are important qualities in a friend...



Sometimes you might disagree with your friends or say something that upsets them. A good friend will be able to say sorry and forgive others

A good friend should celebrate the achievements of others. How could you celebrate one of your friends this week?

Which of these qualities do you think you have already and which do you think you might need to improve upon?

"Do to others as you would have them do to you"

Luke 6:31 (NIV)

The Bible contains some really wise word of advice about friendships...

In our friendships it's good to think about how we interact with the people around us and then act in a way that is how we would want people to act towards us. This is important to be because...?

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1 Peter 4:8-9 (MSG)

"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"

Make this look like you!

