

## PRACTICE PERFECT

# Keep your friends in check

**Materials:** Worksheets, friend-keepers checklist templates, pencils, timer

**Directions:** Read the worksheet, complete the activity and discuss with the Group

Have you heard the expression, "Practice makes perfect"?

What does it mean?

How does practice make something perfect?

## When we practice something over and over again, we become better and better at it.

We may never be "perfect," but we have a goal to become better. And that's important to remember when it comes to our friends.

Becoming a better friend means thinking about our friends' feelings and listening to their worries. It's about taking time to be considerate and understanding our friends' lives.

But sometimes, we hurt our friends' feelings unknowingly. How? Perhaps by becoming overly preoccupied with our own lives, and neglecting time spent with our friends.

Friendship takes work. Without working to keep and maintain our friendships, we risk losing them.

What are ways in which we can lose our friends? Let's look at some friend-weepers examples:

### FRIEND-WEEPERS

- Ignoring friends during lunch and recess.
- Never asking your friends how they're doing.
- Not taking the time to help a friend in need.
- Talking negatively behind a friend's back.
- Excluding a friend from activities.
- Not showing up when you plan to meet a friend.

Now that we've looked at some ways to lose our friends, what are some ways to keep our friends? Let's do an activity that focuses on keeping our friends.

#### STEP ONE

On the template are examples of friend-keepers — things we can do to maintain healthy friendships. Let's spend 6 minutes adding ideas to the friend-keepers checklist.

When the time is up, we'll share our ideas with one another. If you like someone else's idea, add it to your own checklist. Start now!

(Set the timer for 6 minutes.)

#### STEP TWO

Review your friend-keepers checklist every week to remind you that being a good friend takes time and effort.



