

BEST FRIENDS

More than one is more fun!

Materials: Worksheets, best friends templates, pencils, timer

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

When you move, it can lessen the time you spend with your best friend. If you move far away, you may only be able to write letters or send emails or talk on the phone. Missing your best friend can make you sad and lonely.

But you can still stay connected with your best friend — and make new ones.

How cool would it be to have more than one best friend? You can!

We all have the basic need to connect to others. Making friends connects us. Having friends and belonging brings us enjoyment. Life just seems better when we care about others, and others care about us.

Think about all the different qualities that make you unique. And just as you have unique qualities, so can your friends.

One of your friends might like bicycling and another may not. You may like to play sports with one friend and only study with another.

Why limit yourself to one best friend when you can have lots of friends to share all the unique parts of your personality and your favorite things to do?

STEP ONE

For today's activity, let's think of things that make our friends our friends. You'll have 8 minutes to answer the questions on the template.

STEP TWO

When the timer sounds, we'll discuss our answers. Start writing now!

(Set the timer for 8 minutes.)



ALL ABOUT BEST FRIENDS

Name the qualities you look for in a best friend. What are qualities? They are the special characteristics and features that set someone apart.

Describe things you like to share with a best friend.

Describe a time when you were a good friend to someone.

Describe a time when someone was a good friend to you.

Now, read what you wrote about best friends. Do you have a better idea of what you look for and appreciate in a best friend? Of course, you do!