



Good friends

Introduction

What does it take to be a good friend?

This is about what makes someone a good friend; it's also about what children and adults can do to make and keep friends.

You'll need

Yourself and a child, or a group of children, perhaps adults too.

Pre cut slips of paper. Pens or pencils.

Activity

First, give each person a few slips of paper. Ask everyone to write down one thing on each slip of paper that a good friend is, or does. Each person can write as many as they like.

Then, everyone takes it in turns to read out one of the slips and puts it down in front of them. If there are two or more slips with the same or a similar idea on them, put them together in the middle.

By the time everyone has finished, there should be several ideas that have come up from more than one person.

Next, give out some more slips and each of you can write down things that you do to be a good friend, putting one 'being a friend' – again, one idea on each slip.

Then, take it in turns to read out and put down the slips as before

Discuss!

The explanation

The idea behind this activity is that it is helpful to think and talk about what people can do to make and keep friends. It's also aimed at encouraging thinking and talking about being a good friend as well as having friends.

It's easy for people, especially children, to think that having good friends just happens with no need for effort. But, for children as well as adults, a bit of thought about friendship and what you can do to support it can make all the difference in developing a good circle of friends.

This activity is also a way for parents and children to find out more about each other and their thoughts on what is important in friendship. After all, it is possible to be friends with your children as well as being their parent!

Parents can also help their children make and keep good friends, not only by talking about it, like in this activity, but also by helping to arrange ways for children to spend time together out of school.