

Positive Friendships

There are lots of things that make up a positive friendship. Look at the words below - write or draw examples of when friends might demonstrate these qualities in a friendship.

Respect



Trust



Fun



Kindness



Support



Caring



Friendship



Friendship is awesome!

Want to know why? Friends teach us about team work, empathy, helping others and support us during happy times and sad times. Having a friend is also fun! With a friend we can laugh, engage in games and activities together and talk about things we have in common. Draw or write the name/s of your friend/s below.

"A true friend is someone who gives you total freedom to be yourself"

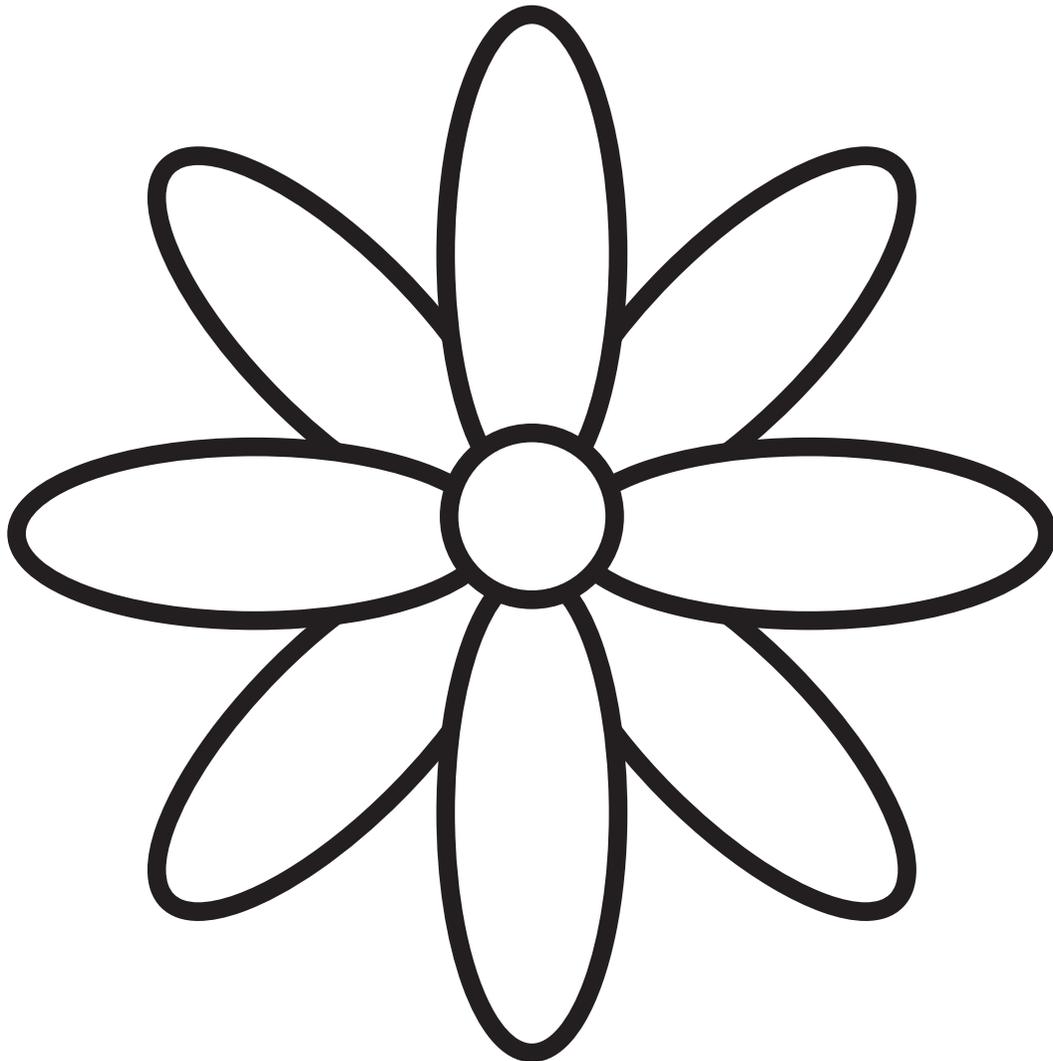
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A Friendship In Bloom

Good friends make us feel good about ourselves and bring out the best in us. In a good friendship, both friends enjoy being with the other person and feel happy around each other.

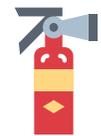
A flower needs sun, water and earth to thrive. What does a friendship need to thrive? Write your answers on the petals.



Friendship Fires



Sometimes in a friendship, things happen that make us feel hurt, angry or confused. They are a bit like 'fires'. When this happens, it's important to try not to let a fire get out of control. To turn down the heat, consider the 'fire extinguishers' discussed in our workshop.



Have Empathy

Reflect on your own behaviour and actions. Did something you do or say contribute to this issue? Would it help if you said sorry or forgave the other person?



Could You 'Shake It Off'?

How bad is the problem? Is the issue something that you could just let go and 'shake off'? Sometimes it's not worth making a fuss and the situation naturally settles down.



Find A Compromise

Compromising is about reaching an agreement - you and the other person might have to give a little. Compromising helps makes things fair.



I Feel...

Try telling your friend how you feel in a kind, respectful and calm manner. Use statements that start with 'I feel...' rather than 'You...!'



Distance

Sometimes friends need some time apart. Maybe you could play or hang out with some other people?



Be Nice

Even if you feel people are being unfair or mean, it's important that you still remain nice and treat everyone around you with kindness and respect.



Reach Out For Help

If none of the above strategies work, reach out for help from a trusted adult such as a parent, teacher or counsellor.

TAKE THE LETTERS IN **ORANGE** AND JUMBLE THEM UP - WHAT DOES IT SPELL?!

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