



Relationships come in all shapes in sizes. You have a relationship with the adults in your home life, your teachers and perhaps even a pet. Friendships are a particular type of relationship.

Having friends is important. They can help you if you are feeling sad and you can share fun times with them.

Here are some things that will make you a good friend:

- 1) Share ideas
- 2) Spending time together
- 3) Interested in my friends thoughts and feelings
- 4) Be encouraging

### **Falling out – Give and Take.**

Most friends have disagreements from time to time. The test of a good friendship is being able to sort out your differences with respect and kindness and by understanding the other persons point of view. Sorting out a fall-out should not mean that you always are the one that has to make the compromise or the one that always gets their way. Friendship is about 'give and take'.



## Class discussion: Know your values

Your core values show what is important to you as a person. They highlight what you stand for. You use them every day to guide your behaviours and actions. We all develop our values as we grow.

- 1) You've already accepted a birthday party invitation but a really popular boy in the class asks you to go to their party which is on the same day. What would you do? Why would you do it?
- 2) You see a classmate crying. They aren't someone you normally hang around with. What would you do? Why would you do it?

It is useful to take some time to think about what values are most important to you.

Have a read at the list below and circle 5 that are important to you. Remember, don't be tempted to pick a value that sounds good. Be honest with yourself.

Assertiveness

Honesty

Sharing

Fairness

Charity

Empathy

Fun

Common sense

Courage

Generosity

Gratitude

Creativity

Respect

Hard Work

Kindness

Responsibility

Hope

Joy

Strength

Teamwork

Energy

Love

Positivity

Toughness

Enthusiasm

Patience

Welcoming