



# CARING FRIENDSHIPS



## WHAT IS A FRIENDSHIP?

A friendship is a bond between two or more people who want to engage with each other. It can involve having the same interests and experiences.

## WHAT DO GOOD FRIENDS DO?

- Good friends are kind to each other.
- They listen to us when we are talking to them.
- A good friend has kind hands and feet.
- A good friend can make us laugh when we are feeling sad.
- A good friend can choose to be our partner.
- A good friend wants to play with us and thinks about us.
- A good friend may pay us compliments.
- Good friends are generous and like to share and take turns.
- Being helpful is another quality of a good friend.
- Friends make compromises like wanting to play others' games.

It is important to have friends as they can provide us with support and help to keep us safe and happy in our lives.

## HOW TO LISTEN TO A FRIEND

- Ask your friend positive and kind questions.
- Look at the speaker when they are talking.
- Nod your head and look interested in what they are telling you.
- Be still and listen carefully.

Listening to each other shows respect and will help strengthen your bond in your friendship.



## COMPLIMENTS

You might like pay your friend a compliment like telling your friend that their hair or clothes look nice. This can make them feel happy and could also be used to cheer them up if they are feeling sad. Make sure it is said in a nice manner and in a genuine way. You should always say thank you when someone pays you a compliment. It can make you feel happy giving someone a compliment.

## FIND OUT MORE...

[https://www.bbc.co.uk/bite size/clips/zxgygk7](https://www.bbc.co.uk/bite-size/clips/zxgygk7)

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## EXAMPLE QUESTIONS:

How can you be a good listener ?

1. What would be a nice thing to do for a friend ?
2. What is a friendship?
3. What is a good quality for a friend?
4. Why is it important to have friends?
5. What is a compliment?