

Friendship

Aim: To explore the importance of friendships and relationships in maintaining good mental health.

Outcome: Participants will demonstrate an increased understanding of friendships and how they can support good mental health.

Materials: Flipchart; pens; worksheets; colouring pens; paper

Time: 30 minutes

Activity:

- Introduce topic and have general discussion about why it is important to have friends
- Working on their own ask participants to complete worksheet “Making new Friends”
- Take feedback on what has been written
- Split into pairs or small groups and give out worksheet “Advert for a good friend”
- Lead a group discussion on what causes friendships to end
- End with fun activity.



Facilitator Note and Worksheets

Source: PMA School Resource

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