

## **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

**Funded by**

