

# Journey of Discovery



## Keeping Going

## Step 4 Friendship

### Hey Young Leaders.

I hope since we last met that you understand more about what it means to be compassionate and that you've been able to show compassion towards others through your actions. Keep this up!

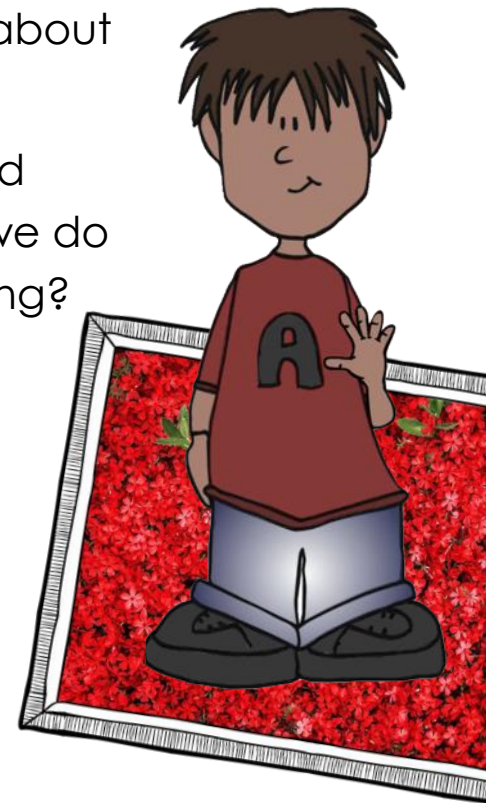
I don't know about you, but I'm at the point on this journey where I need some help to keep going. It's a good job that **step 4** is all about the **character strength of friendship!**

How can friendship help us to grow and learn about ourselves, and what can we do in this time to make our friendships strong?

We're going to be hearing what some young people think, before trying out our own ideas to help our friendships grow and keep them strong.

Let's get ready to explore!

**Remember my motto: Be the Change you Want to See.**



## Keeping Going

- What does friendship look like?
- **How can it help us grow on our journey?**
- What can we do to strengthen our friendships?

## Quotation Inspiration

Mahatma Gandhi

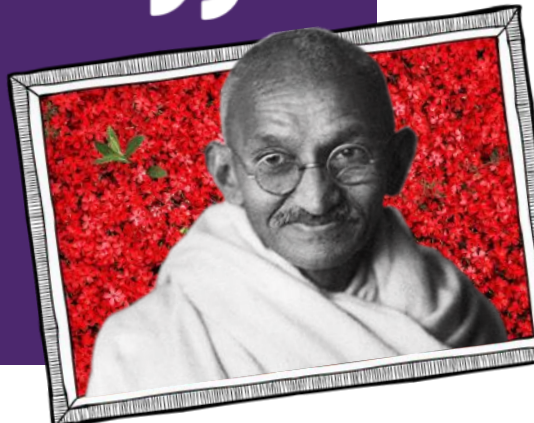


With every true friendship, we build more firmly on the foundations on which the whole world rests.



## What do you think?

Write down some ideas.



## Key Character Strength: Friendship

1. What does the word friendship make you think of? Create a mind map of your ideas
2. Now look up a definition.
3. Choose/ find/ create an image that represents friendship for you.

Use this space to **write** down **your ideas**

# No Man is an Island



The famous poem 'No Man is an Island' by John Donne emphasises how no one is by themselves. We are not designed to be an island, we are instead meant to be connected to each other.

**Growing friendship** is an important part of being connected and not becoming an Island.



Listen to each of the young people sharing how they have kept connected in this difficult time and what has helped their friendships grow.

**Then ask yourselves the following questions:**

- What have you found most difficult about being away from school and your friends?
- **What has helped you keep going?**
- What are your top tips for staying connected with your friends?



Use this space to **write** down your **ideas**



- Keeping each other strong.
- Accepting/ forgiving others' faults
- Trying new things together

## Carl & Russell



- Being proud of each other's achievements
- Helping each other in difficult times
- Encouraging each other

## Buzz & Woody



- Accepting differences
- Helping each other in difficult times
- Showing concern for each other

## Pooh & Piglet



- Forgiving each other for the past
- Sharing & accepting their differences
- Learning to work together

## Timon & Pumbaa



- Helping during lonely times
- Giving heartfelt care and support
- Sharing new experiences & fun

## Marlin & Dory



- Listening and putting worry into perspective
- Encouraging bravery & perseverance when facing challenges
- Encouraging self-belief

## Mike & Sulley



## Friendship for Growth

Here are some famous friendships.  
Can you correctly identify what has helped them to grow and have a strong friendship?



Friendship with others helps us to **understand** and **learn** more about ourselves and others.

Every friendship is **different** but all help us to grow in different ways.

We all **value** different things in our friendships.

## Friendship for Growth



### What do you think?

Think about one of your good friends,

What is it that makes your friendship **grow**?

What do you **value** in that friendship?

Are there any ways you are **different**? How does that help your friendship?

**Make sure you give some examples of your friendship in action.**

### You might want to use these ideas to help your thinking:

- Being proud of each other's achievements
- **Helping each other in difficult or lonely times**
- Encouraging each other & keeping each other strong
- **Accepting/forgiving of faults and/or differences**
- Having fun, trying new things together
- **Giving heartfelt care and support**
- Forgiving each other
- **Learning to work together**
- Listening and putting worry into perspective
- **Encouraging bravery and perseverance when facing challenges**

Use this space to **write** down **your ideas**



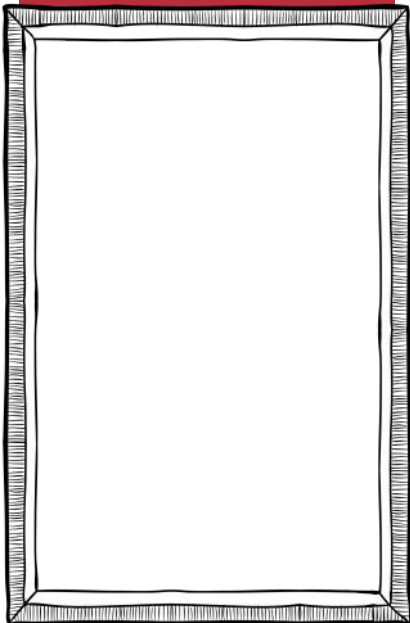
# Friendship for Strength

The symbols below are all used to represent friendship.

What do you think each of the symbols show about friendship?



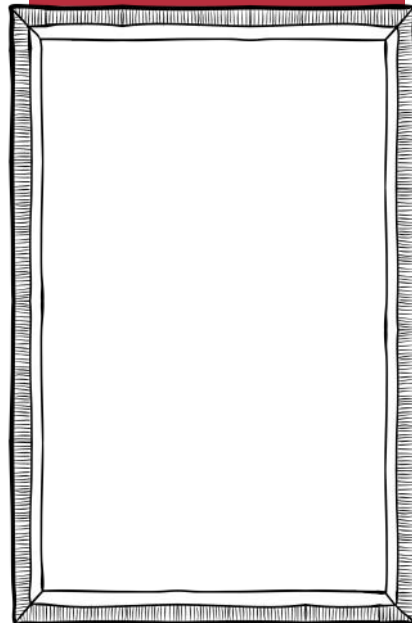
**American  
Indian**



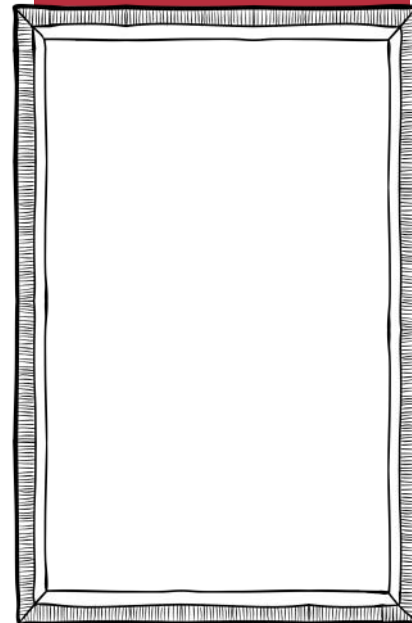
**Ancient  
Symbol**



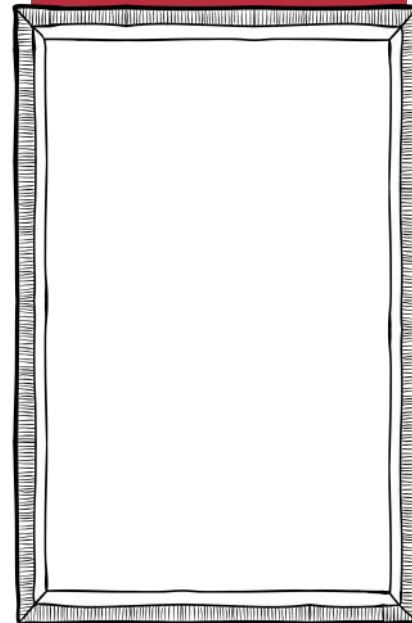
**Irish Ring  
(Claddagh)**



**Pikorua  
Maori Twist**



**Celtic Knot**



# Friendship for Strength

What **practical actions** can you take to help keep your **friendships strong**?



Did you discover that these symbols of friendship represent: **strength, unity, love, being connected** and **working together**?



## Activity

Design your own symbol to represent friendship?

**You might want to create a 3D version of it.**

Share your symbol with a close friend and explain what it represents about your friendship with them.



# Friendship in Action

## Friendship Piggy Bank

**Our Friendships need investment. What can you do in this time through your words and actions to add value to your friendship Piggy bank?**

- Write a letter or make a card that you could send in the post.
- **Make a friendship bracelet for both of you that you can wear.**
- Make a small handmade gift that you can leave on their doorstep.
- **Create a photo collage/drawing of your favourite times together and share it with them.**

## Sharing is Caring

- Design an activity or quiz for you and your friends to do virtually, perhaps on your favourite book, film, TV programmes, sport.
- **Write a list of song recommendations and share with each other.**

## Photo Challenges



### IDEA 1

Choose photos you already have, or take photos of objects, places, things that celebrate and represent your relationship with a friend. Create a celebration video or picture collage to share with them virtually.

### IDEA 2

Create a list of people, places, buildings, objects that your friend could try to get a photo of. Ask them to do the same for you. Share your images virtually with each other.

- **What do you normally like doing together that you could recreate? Is there a board game that you both have that you could play together virtually?**
- Write a letter to your future selves about your friendship.
- **Read each other's favourite book or poem and discuss what you thought about it.**





Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.



**Step 3 Compassion**  
**Now Available**

Please visit:

[www.abyyt.com/ylo-at-home](http://www.abyyt.com/ylo-at-home)



**@ABYyouthtrust**



**Step 5 Hope**  
**Coming soon!**