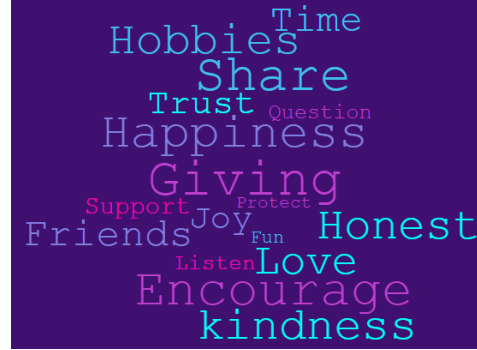


# Relationships

We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to [CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)

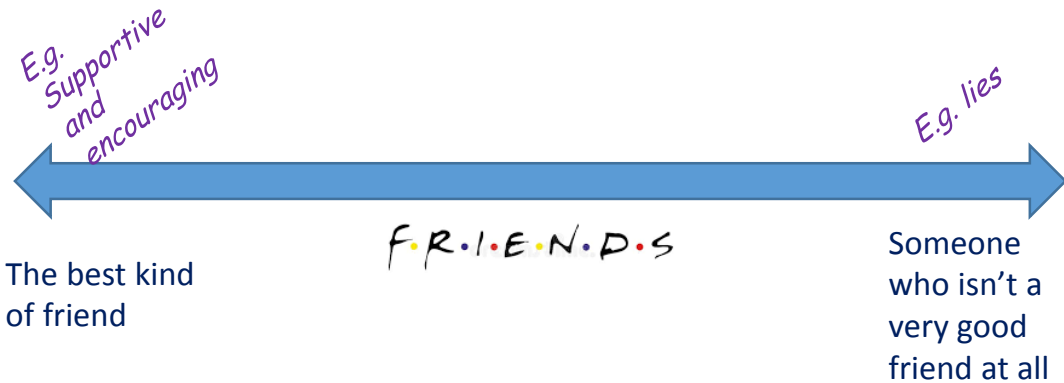


One of the most difficult aspects of lockdown may be changes to relationships. Not seeing friends or extended family can be very upsetting. The aim of this session is to reflect on what kind of friend you want to be during lockdown and what kinds of friends you want to have in your life.

What does a good friend look like? You may think a good friend is someone who is always there for you when you are upset, or someone who is a lot of fun to be around etc.

## Task One:

A. Using the sliding scale below, write down the qualities that you think a great friend should have and those that someone may show if they are not a good friend at all. Try to include at least six different qualities.



B. Now you have completed the above task, pick the three qualities you think are most important. Explain why these qualities are important to you and how it would make you feel if a friend didn't show you these qualities.

## Task Two:

Consider this question... how has lockdown changed the way you have been a friend to others? When you can't meet up with your friends and chat to them face to face, how can you still be a good friend? Make a list of at least four ways you can still be an amazing friend during lockdown.

**Task Three:** Youtube search "12 Qualities of a Best Friend" and watch the below video. If you don't have access to the video, ask someone at home to add to the qualities you listed in task 1 then complete the scenario task below.



Once you have watched the video, read the scenarios below and write a response to how you think it would be best to deal with each one. Explain your response fully and in detail.

### Scenario 1:

You have been told one of your friends has been talking about you behind your back. You are really upset. Reflect on whether you should calmly ask them if this is true or whether you should believe it straight away and start shouting at them. **Which would be the best way to resolve it?**

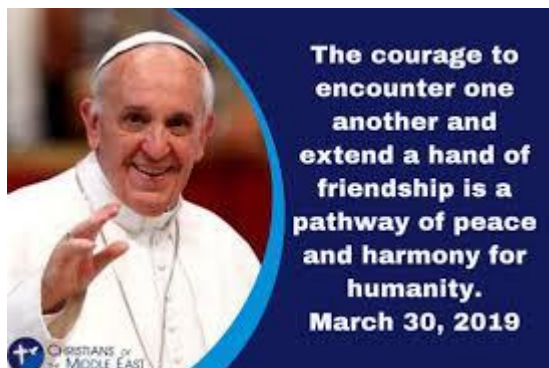
### Scenario 2:

Your friend wants you to go to the park and meet up with a large group of friends. It is still during lockdown and this isn't the government's advice. **How could you try and respond to this without upsetting your friend, but making sure you follow the government's advice? Is there another way that you could see your friends?**

#### Task Four:

Read the extract from the poem in the pink box about friendship. It is written by Annie Hall and is called 'Through Thick and Thin'. Consider what it teaches us about friendship and how we can be good friends to others during difficult times.

Write your own short poem that reflects what a true friend is. It could be about friendship; what makes a good friend; or could be a poem for a friend. It can be set out as a limerick, an acrostic poem, a poem in verses ... the choice is yours. You may use the quotes around this page to inspire you too.



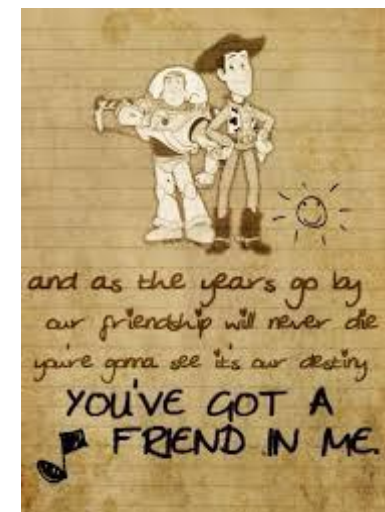
### Through Thick and Thin

Life would not be the same without someone like you.

You're there when I need you to help me through.  
Through the good times and through the bad,  
Be them happy or be them sad.

I don't have to be with you to know you're there.  
We don't have to see each other to know that we care.  
We could be apart for years upon end  
and still remain the best of friends.

Life goes on, and people change,  
And through it all, our friendship shall remain the same.  
That's such as life and how things come to be.  
Just thought you should know how much you mean to me!



If you are struggling with friendship issues speak to an adult at home or speak to Childline through their online chat or phone number.

For more information on how to deal with friendship issues visit the Childline webpage and search "friends".



The Childline website is full of useful advice...

#### FALLING OUT WITH FRIENDS

It's okay to not get on with some people - we can't always be friends with everyone we meet.

Sometimes you might not like someone when you first meet them. But you might find that as time goes on you start to like them more. Try not to judge someone before getting to know them. If you give them a chance, you might just become friends.

We can't choose how we feel, but we can choose how we act. So if there's someone in your group who you don't like, it's important to make sure you're not nasty to them. You can get along with someone and hang out in the same group as them without being really close friends.

- Drifting apart from friends
- Being stuck in the middle