

# A good friend

## - Activity sheet -



Whether it is to play, to confide in someone, or to encourage you, friends are a big part of your life. It is important to have friends that make you feel good about yourself and who like you just as you are. Do your friends meet the 4 criteria that make a good friend?

### THE 4 CRITERIA



1

#### I HAVE FUN WITH THEM

- They share my tastes and interests
- They accept my ideas
- They like me the way I am, with my strengths and difficulties

2

#### I FEEL RESPECTED

- They don't try to compete with me or hurt me
- They accept my ideas
- They encourage me to achieve my goals
- They leave me spend time alone when I need it

3

#### I TRUST THEM

- They listen when I speak
- They are available for me when I need help and I can tell them my secrets

4

#### THEY SHOW INTEREST IN ME

- They ask me how I am doing and what I like
- They like spending time with me
- They want me to be happy