

FRIENDSHIP ACTIVITY



Make a list of your friendships and the value they provide.



What traits make you a good friend?



What could you improve to be a better friend?



Consider if you want to develop new friendships or invest in existing ones



INSTRUCTION SHEET

This activity was developed to be completed as a self-reflection activity.

You are encouraged to respond to each prompt.

This activity is all about taking stock of your friendships, and reflecting on your strengths and points of growth as a friend.