

ACTIVITY

F

WHAT **FIVE** TRAITS DO YOU VALUE IN A FRIEND?

R

RELIABLE

What does being a reliable friend look like?

I

INDEPENDENCE

How do you balance dependence and independence in friendships and what does a good balance of the two look like?

E

EMPATHY

What is the difference between sympathy and empathy and what does an empathetic friend look like?

N

NEEDS

If you need a pause in the friendship or have other needs to attend to, how do you start that conversation?

D

DEEP

How do you set the foundation for a deep and meaningful friendship?

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INSTRUCTION SHEET

This activity was developed to be run in peer groups.

Splitting people in to groups of three, each person has a turn asking one of the questions and opening up the floor to discussion.

Alternatively, you could have each of the questions written on A3 pieces of paper around the room and get students in groups of three to rotate around the pieces of paper, writing their answers to the questions.

This activity encourages students to engage in self-reflection, gratitude and personal accountability.