

# FRIDAY

## #BEFRIENDLY



**R**elationships and feeling connected to other people is one of the most important ways to positive mental health and emotional wellbeing. One of the best ways to stay connected to people is through our friends. Good friends are always there for us and pick us up when we are down. Spending time with them and laughing together creates a real feel-good factor and is good for our mental wellbeing. It is important not only to reach out to our old friends but also to new people as well. That way, we make new friends throughout our lives.

## THREE FABULOUS FRIDAY IDEAS TO #BEFRIENDLY

### 1. Friendship Tree

Get all your friends together to create a friendship tree! Draw a tree trunk on a big bit of paper and put all your friends handprints at the top to make the leaves. Don't forget to write their names on their hand when it's dry.

### 2. Time Capsule

Make a time capsule with your friends. Try writing letters to include that have your favourite memories or photos from time you spent together. Keep it somewhere safe and open it in a year's time!



### 3. Friendship Collage

Try making a collage by cutting and sticking images from magazines to create a collage that reminds you of your friends and the things you love to do together.

