

FRIDAY 11 SEPTEMBER 2026 #BEFRIENDLY



Relationships 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, physical and social 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.



FRIENDSHIP FLAGS

Make a colourful flag using paper or fabric scraps that shows what friendship means to you — hearts, handprints, smiley faces, or drawings of you and your friends. Hang it up at home or in school or nursery or hospital to celebrate being kind and together. This activity supports the UNCRC Article 15 – a right to meet other children and join groups. It encourages early expression of belonging and connection through art.



RIGHTS RESPECTING ROLEPLAY

Act out a short scene with friends or family where someone feels left out and show how to include them kindly. Then switch roles and talk about how it felt. You can even create your own “Friendly Code” together. This Activity supports our My Health, My Rights Charter – a right to respect, privacy and dignity. It promotes building empathy, teamwork and understanding of inclusive behaviour.



FRIENDLY LETTER SWAP

Write a letter to someone you admire or care about — a friend, teacher, neighbour, support worker, nurse, doctor or youth worker. Share what you appreciate about them and how they've made you feel welcome or supported. Ask them to write back or pass it on. The activity supports the EACH Charter Article 2 - children and young people shall have the right to have their parents or parent substitute with them at all times. This activity fosters emotional literacy, gratitude and positive communication.

