

## 4. Be a really good friend

A friend is one of the nicest things you can have and one of the best things you can be.

- AA Milne (Author of 'Winnie The Pooh')

To have a good friend you have to be one. And in order to be one you have to really understand the qualities that people want in a friend and then try and behave that way yourself.

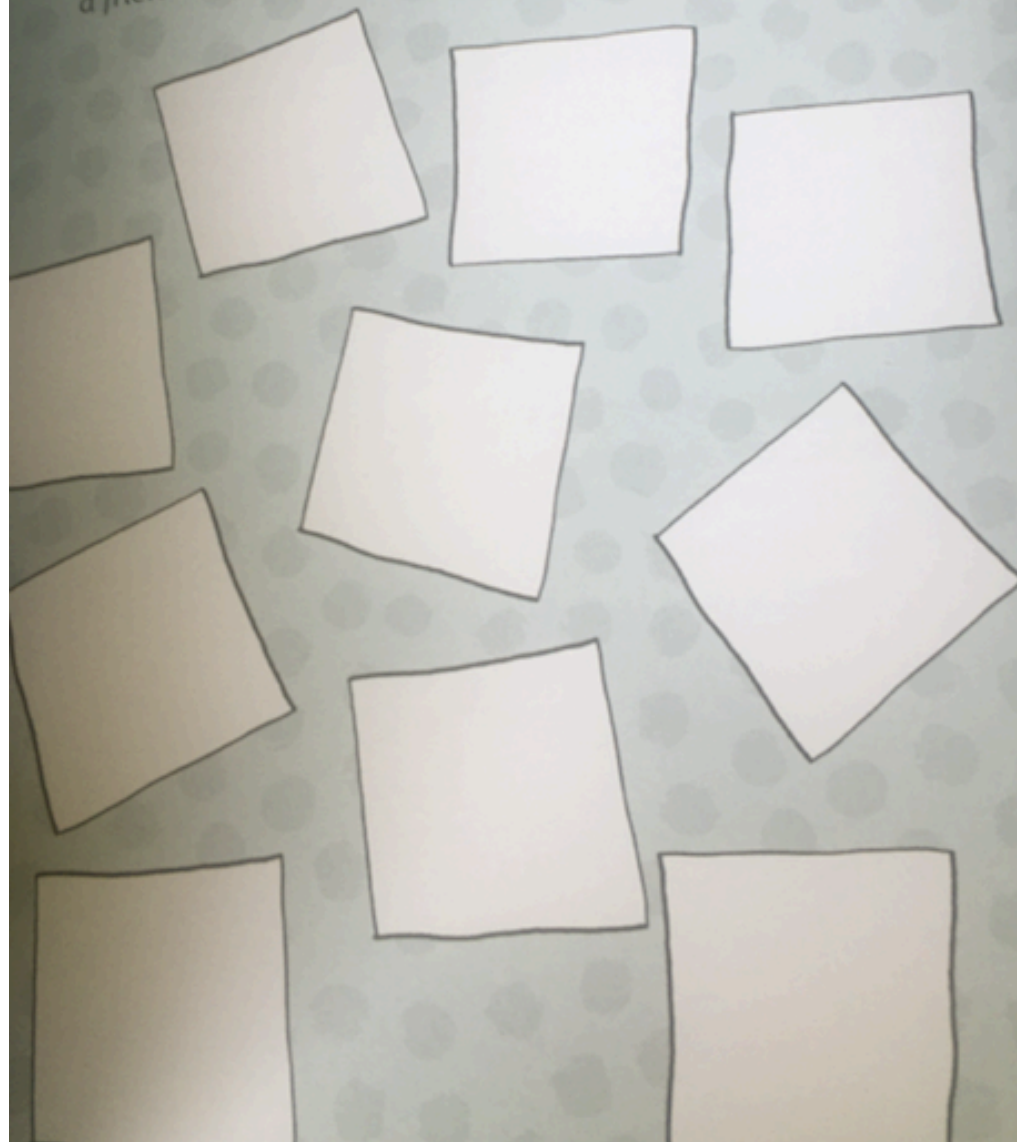
You need to be the friend you want to have. It all starts with you.

### Activity: Friendship qualities

Your friendship is a gift so what will you put inside?



Imagine filling your gift box with five qualities that make a good friend. Draw or write these qualities in five of the boxes below. Then ask five different people for one word which is important to them in a friendship and add those in the remaining boxes.



### So how did it go?

Do you feel you know more now about what being a good friend involves? Can you put this into action?

### How it works

Having friends can literally kill your pain! Scientists believe that when we see our friends endorphins are released in the brain, which make us feel happy. Endorphins are also powerful painkillers and so it is believed that having close friendships may actually prove to be better than the strongest pain-killing medicine you can take! How cool is that?

### Create your own happy...

...by being a good friend - you will make other people feel fabulous and receive so much back in return.