



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

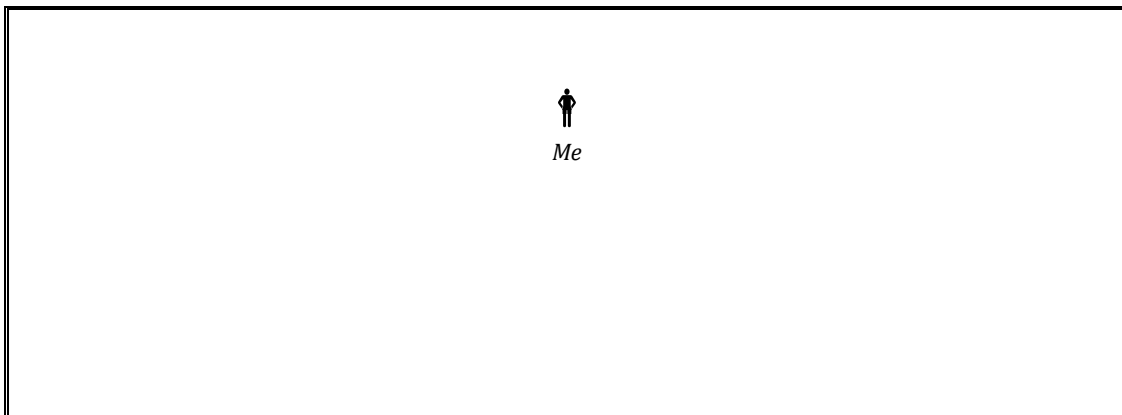
## Friendship Safety Nets

*An activity of "The science behind our fears"*

**"The science behind our fears"** explains why we have fears, and how they may even be helpful sometimes. Read the articles on pages 16 and 17 of *What's Up* May 2018 to learn more. Having good friends is one of the best ways to stay strong when your fears make life hard. Your friends, along with loved ones, act like a safety net when you feel as though your fears are making you fall into a scary pit. Here's a simple exercise that encourages you to think about the quality of your Friendship Safety Net at school.

### INSTRUCTIONS

1. In the space below, add little figures to represent each of your friends at school. Use the key below to connect the figure representing you with each of the other figures. Create an attractive mini poster for yourself, based on your plots below.



#### **Key: For lines connecting 'me' with friends.**

A piped line (=) for very good friends who are trustworthy and reliable.

A thin, single line (—) for peers who are friendly but not yet very close to you.

A dotted line (- - -) for peers whom you would like to get to know better.

2. Take stock of your friendships. How do you feel about your friends? Are there good friends who are drifting away? What can you do to improve the friendships you want to keep? How can you connect with peers you would like to befriend?

While many kids think they must have many friends, the truth is that it is more important to have a few caring, reliable friends with whom you can share your fears as well as joys in life.