



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


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

## 2021 Friendship Chart

*An activity of "Old friends stay in touch"*

Read "**Old friends stay in touch**" (page 1, *What's Up* October 2021). If a human and a beluga whale can have such a strong bond, so can we with our friends. Here's a simple exercise that encourages you to think about the quality of your friendships at school.

1. Draw little figures to represent your friends this year. Use the key to connect the figures with lines. Each type of line reflects the strength of the relationship.

  
**ME**

**Key: For lines connecting 'me' with friends.**  
*A piped line (=) for good friends who are trustworthy and reliable.*  
*A single line for friends you enjoy being with but they are not your closest friends.*  
*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 friendships? Are there good friends whom you are drifting away from? What can you do to improve the friendships you want to keep? How can you connect with peers you would like to know better?

Many kids and teens think it is essential to be popular and have many friends. The truth is that it is more important to have a few very good friends you can rely on to be there for you whatever happens.