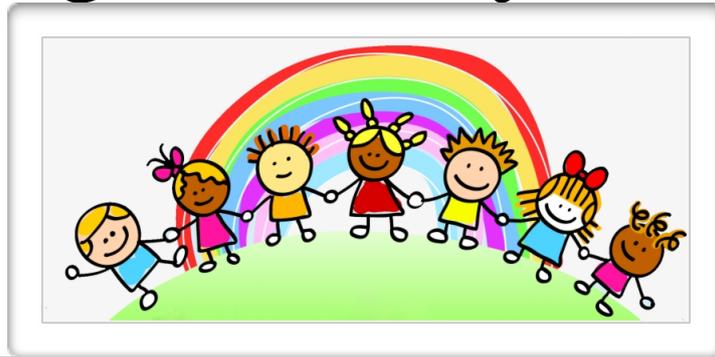


# Well-being Wednesday - Friendship



Welcome again to Well-Being Wednesday.

We have been in lockdown for some weeks and we are all missing being at school and seeing our friends.

For this week's Well-being Wednesday, we will be thinking about friendship, which is also our school's value for May. While we cannot meet with our friends, for now, we can still think about them and think about what friendship means to us. What does it mean to be a friend?

I know I am missing seeing my friends, as they are the people I have fun with, enjoy being with and they always help my wellbeing. Here are some ideas of how we can still connect with our friends and show them we care.

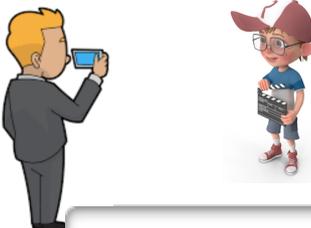
I'm looking forward to hearing about what you have been doing for your Well-being

Warmest wishes,  
Ms Suleyman

## Video message or chat

This is always a good way to keep in touch with our friends, and your parents/carers can help you with this and supervise your time. Here are some ideas for activities.

Record a message for your friend and ask your parent/carer to send it to them through video message.



Video call your friends and play with your favourite toys at the same time. You could build Lego, draw or colour together.



Sing a song for your friend. You could sing "We'll Meet Again". The lyrics are on the school website under the VE Day section.



Create a game to play with your friends. Ask questions to get to know them better, like what is your favourite food, holiday, season and why? What are your favourite memories?



Pretend to hold a giant ball and imagine that the ball holds all your friendly wishes for the world.



Toss the ball up towards the sky and imagine that it is carrying all our friendly wishes to everyone, everywhere.

Talk about your wishes before you put them in to the ball.

Think about what it means to send friendly wishes. What are friendly wishes?

How does it feel to send good wishes to everyone?

It's ok to feel sad sometimes about missing your friends. Talk to your family about them.



- What do you miss about your friends?
- What do you enjoy most about being friends with them?
- What are you looking forward to when you meet up again?

You could write a story or draw a picture that represents your friendship.

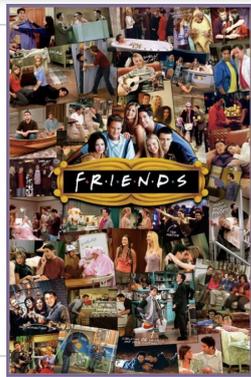
Plant a flower seed or your favourite fruit/vegetable, and name it after your friend.

You could post one of the seeds to your friend and let them know you are thinking of them.



Look after the plant and you can show each other your plants when you meet up again.

Create a collage of memories that you have shared with your friends and things that you are looking forward to sharing again.



Make a friendship bracelet



Here's a YouTube link on how to do this:

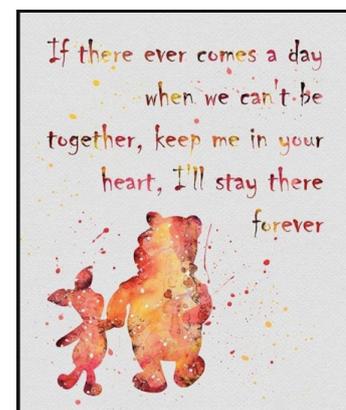
<https://www.youtube.com/watch?v=5xIPBQ6kixg>

I've included some mindfulness cards below that may help when thinking about friends.

Also, these website links are about mindfulness and mindful colouring.

<https://www.circus-house.com/mind-hug-the-first-story>

[https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4\\_25-16.pdf](https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf)



## Sharing Friendship

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes. Take three soft, slow, **mindful breaths**.
- 2 Think of someone or something that makes you happy. Maybe it's a person you love or a special pet.

- 3 Imagine your feelings for that person or pet as golden rays of light in your heart. Breathe in and out, and imagine sending the golden light to a friend who needs kindness. See your friend smiling.



- 4 With your next out-breath, send your golden light to someone you don't know very well. See that person receive your light.



- 5 Now breathe in and out, and share your golden rays with someone you feel grumpy towards. Watch your kindness help that person.

- 6 Finally, share your golden light with everyone in the world. Imagine everyone laughing together.

- 7 Smile with that happy feeling. Take three more soft, slow, **mindful breaths** before you open your eyes.

## I Am Thankful

You will need paper and a pen, markers or crayons.

- 1 Before you go to sleep, think about somebody or something you love, or something wonderful that happened to you.  
Maybe you are thankful for being with a relative, sharing a family meal or making a new friend. Write or draw about it.



You could also ask a grown-up to write it down for you.

- 2 Take three soft, slow, **mindful breaths** and feel thankful.

- 3 Keep your gratitude message or drawing beside your bed. Look at it again when you wake up. It can remind you of the good things in your life.

