



All kinds of powerful.

The objective of this exercise is to help girls create a vision for their friendships that represents their values. For additional resources, workshops for families, and professional development for educators and program staff, visit girlsleadership.org

Level: Developing

Time Required: 30 mins

Domain: Community + Relationship Skills

Materials: Art supplies - can be paper and drawing utensils, magazines, scissors, and glue for collage, or virtual art space.

Focus: Friendship

Objective: Participants will create a vision for their friendships that represent their values.

Disclaimers/Notes: Helpful to complete the "Friendship Values Spectrum" activity first.

Intro (Ignite) Thumb Scale Activity - 5 mins

Have students use the Thumb Scale to indicate how much they've done the following prompts.



Yes, I definitely do this.



I've maybe done this once or twice.



I've never done this.

- I've ignored a friend when I was mad at them.
- I stayed friends with someone that didn't share any of my values.
- I have talked about someone behind their back.
- I've excluded a friend from a group before.
- I've been overwhelmed by a friend constantly needing my attention.
- I've rolled my eyes while apologizing to a friend.
- I try to get one friend on their own to hang out with instead of being in a big group.
- I have felt jealous or sad when I saw my friend hanging out with another friend without me.
- I've felt possessive of my friends and tried to keep them from getting close with new people.

[continued on next page]



Instruction (Chunk) - 5 mins

Ask: What are some of the biggest challenges you find when trying to make friends or navigate friendships?

Scribe answers on the board.

Explain: Today we're going to envision what true friendship looks like to us and how it reflects our values. If we can imagine what this is like, it will help us be more intentional about how we communicate with our friends, develop relationships with new people, and respect our own and others' boundaries.

Activity/Guided Practice (Chew) - 20 mins

Have students create their Friendship Vision Board. They can do this with words, symbols, images, drawings...anything that represents their vision for friendship.

Friendship Vision Board:

- Section 1: 5 qualities you possess that you think makes you a good friend.
- Section 2: 5 qualities you would love to have in a good friend.
- Section 3: 5 qualities that you would NOT want in a friendship.

Debrief (Review) - 5 mins

Gallery Walk or Small Group Share: Either have students set out their Friendship Vision Boards for others to walk around and see, or have students split into small groups of 3-4 to discuss what they included on their Friendship Vision Boards.

Bring the group back together.

Ask: What did you notice? What common themes jumped out at you? What does this tell you about friendship?

Facilitator Notes

Lean into what your group of students is excited about. The "vision board" can be poetry, skits, songs...any artistic expression to allow them to explore these concepts and express themselves.