



HAVING HOPE IN Friendship!



What's it like to be YOU?

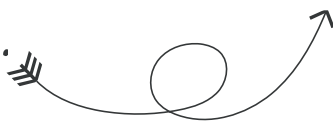
NAME:

WE ALL EXPERIENCE LIFE IN UNIQUE WAYS – WE ARE DRAWN TO DIFFERENT THINGS, WE HAVE DIFFERENT STRENGTHS, WE LIKE DIFFERENT THINGS...

TAKE THIS QUICK QUIZ OVER HERE TO SEE WHAT WE MEAN. COLOUR IN THE CIRCLE THAT YOU ARE DRAWN TO MOST!

SO, ARE YOU A...

- Cat lover or
- Dog lover?
- Rollercoasters rider or
- Ferris wheel cruiser?
- Beach bum or
- Lake lounge?
- Video gamer or
- Movie goer?
- Magic carpet rider or
- See-through submarine squad?



You truly see the world differently. This means, conflicts are inevitable. How can HOPE help us be a better friend?



Hope is the thing with feathers, that perches in the soul.

And sings the tune without words – and never stops at all.



Emily Dickinson



INSTRUCTIONS:

1. Watch the video with Dana called: Hope & Friendship.
2. Take notes throughout the video & pause it at any time.
3. At the end, Dana will give you 3 reflection questions to consider. Have a discussion with your group or write down your thoughts.
 - Why is it important to have hope during a conflict with a friend?
 - Is it possible to have too much hope in these challenging friendships?
 - How can learning friendship skills make the world a better place?

Extension: Consider what metaphor clicks with you when you think about having hope. Is it a bird perched in your soul?

