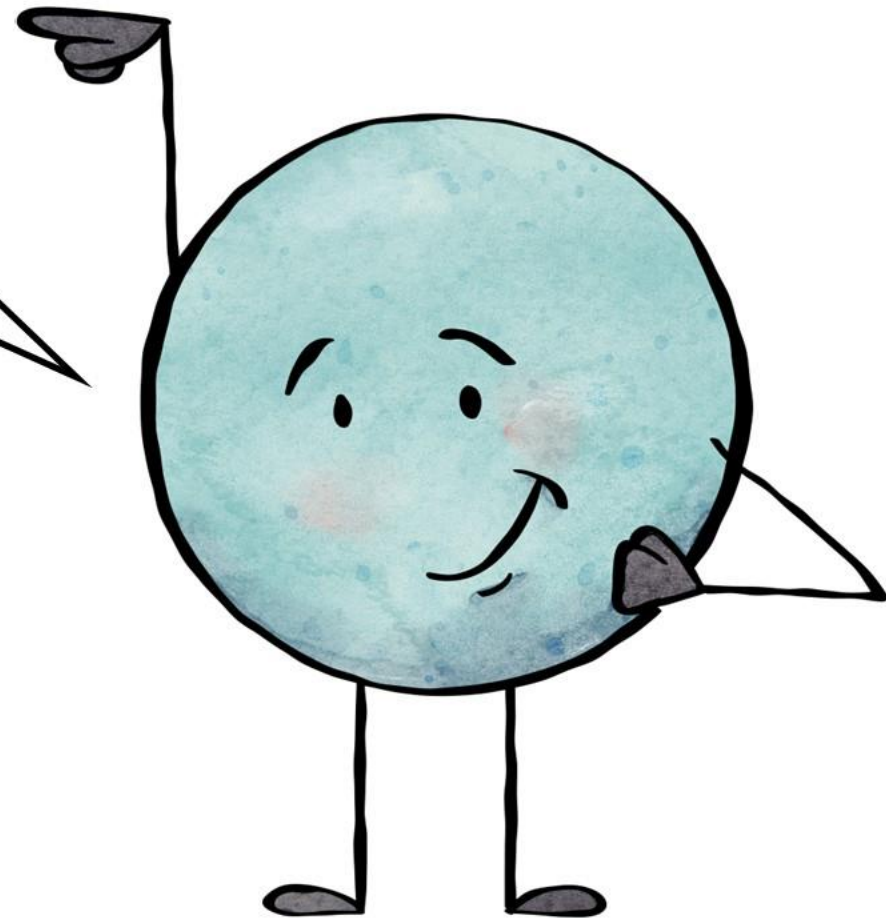


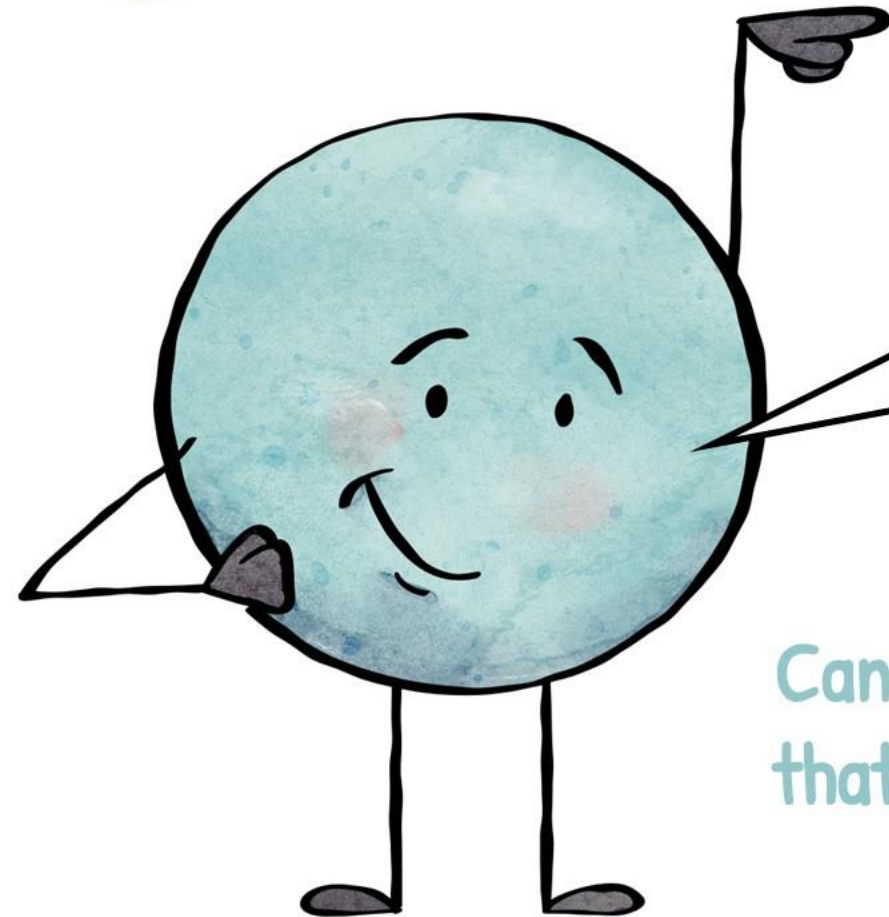


Are you
ready for ...



**FRIENDLY
FRIDAY**



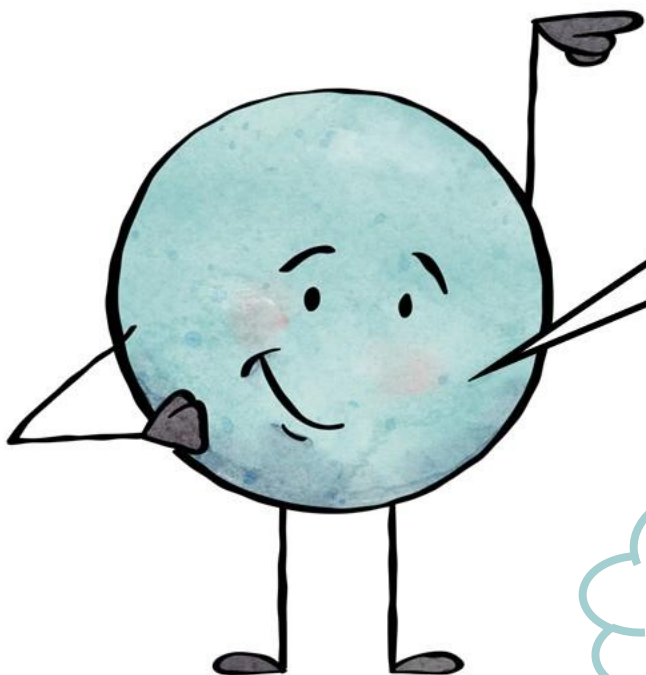


I am FRIENDLY



Can you think of any other words
that mean the same or similar to
the word 'FRIENDLY'?

Words



Did you
think of any
of these?

sociable

chummy

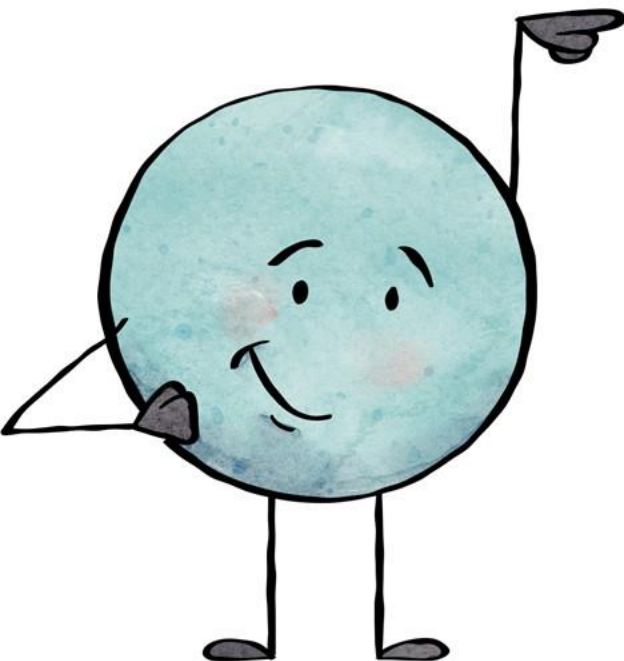
amiable

neighbourly

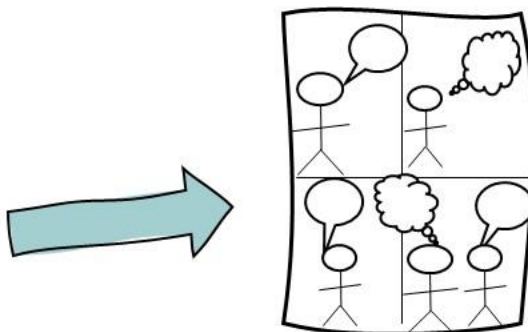


Can you think of a time when you were friendly?

Activities



- Think about the funniest time you have had with a friend. What happened? Talk about it with someone. How did it make you feel?
- Draw a comic strip of that time. All you need to do is get a piece of paper and a ruler. Divide your page into 4 boxes. You can draw speech bubbles and talking bubbles.
- You don't always need to be with someone to have fun. Try connecting with one of your friends today. It might be a message, email, phone call or even a video chat if you are at home.



Having fun times with friends feels amazing



Affirmations



I am sociable

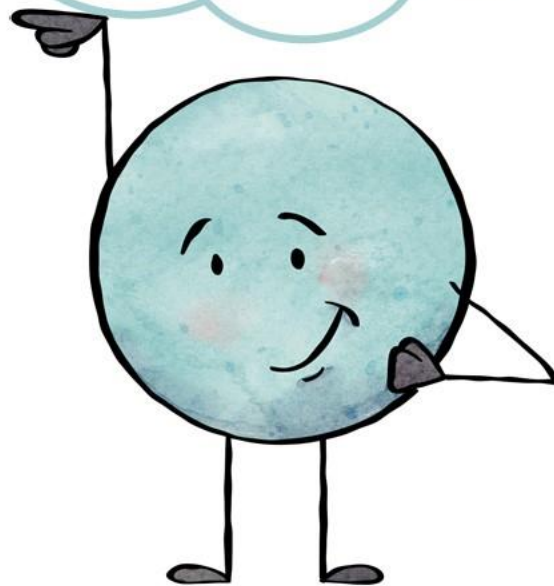
I am chummy

I am amiable

I am neighbourly

I am friendly

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Are you
friendly?