

Friendships

- **Resilience** – being able to cope, or find help, when things get tough.
- **Wellbeing** – feeling ok, healthy, and safe, or doing well and feeling good.

Social support – When you feel supported by those around you, whilst also giving support to others. This can help you to feel supported and connected within the space that you are in, such as school!

Resilience and Wellbeing!

What are friendships?

Friendships are a type of **Social Support** and building supportive social connections and relationships is a key ingredient to improve your wellbeing and resilience.

How can friendships help you?

- When you feel emotionally supported this helps you to be more resilient to any negative thoughts, you have about yourself. This includes worrying less about what others think of you.
- Friendships can help you to develop your communication skills, your empathy towards yourself and others, your identity, and your sense of belonging.
- Friendships can even help you to be more active through playing games with your friends and trying new things.
- Good friendships can help you feel good and safe, valued, and respected.
- Friendships can give you someone to talk to if you want to share a happy moment, or if you feel sad and want someone to talk to.
- You can also help your friends too, which can improve wellbeing for both people.

Everyone is different

Everyone makes friends in different ways and at different times. Some people make friends straight away when they join Year 7, others take a little bit longer to feel settled and find their friends. It can sometimes be hard to make or keep friends when you move from Year 6 into Year 7; and sometimes, you don't find your best friends until Year 8.

It is also important for your wellbeing and resilience to learn how to be independent, too. Social support is not a cure for all problems that you may face. In some cases, you may notice a difference straight away to your wellbeing once you form supportive connections, but in other cases this may take some time, or sometimes other things in your life can get in the way. Everyone is different and you can choose which approach to friendships works best for you.

The Wellbeing Tools

A very important part of the research for the Resilience Rucksack project was our co-production workshops with young people. In these workshops, young people, our research team, and professional artists all worked together to design our 'Wellbeing Tools' for the Resilience Rucksack. For this theme, **'Friendships'**, we talked about the positive impact of supportive relationships on resilience and wellbeing but also how making these connections can be difficult when moving into Year 7. In these workshops, the focus was co-designing wellbeing tools to help young people connect with those around them. These tools are the Resilience Rucksack Playing Cards and the Friendship Tree! These workshops also discussed different techniques to encourage young people to be more social and so the idea of 'Social Activity Scheduling' was co-created.



Resilience Rucksack Playing Cards

This is a wellbeing tool to help you to connect to others, as this is not always easy. The young people in our workshops believed that these cards could help Year 7 pupils to meet other new children, bond with others, and enjoy time with friends and family. Two games you can play with these cards are, Kings in the corner and Concentration. Read the Instructions at the end of this information sheet to find out how to play!



Click here to visit our website to find out more about the Resilience Rucksack Playing Cards!

Friendship Tree

When possible, it is important to be kind, friendly and supportive to those around you. This tool has been co-designed by young people to help you show your support towards your classmates and, in return, feel supported. At this booth you will be given a leaf, where you can write a short message for your classmates. This is a chance to show kindness, friendliness and helpfulness to your peers. There is a list of examples at this table, called the phrase bank. If you are finding it hard to think of your own message, then use one of these. At the end of the day, all the leaves will be collected and made into a friendship tree! This will be an electronic tree (so it will last forever!) and will be presented to you back in your classrooms.

Social Activity Scheduling

Social activity scheduling is planning your time, day to day, to help you remember to take part in regular social activities. This can support you to be more social with those around you or new people! This could be through joining an after-school club or a society. This can be done in a paper calendar or our calendars on our phones. If you like bright colours and drawing, you can make a big calendar and stick this on your wall at home.



Click here to find out more about the Friendships theme here:



To find out more about our Resilience Rucksack Project and all the wellbeing tools, visit our website: click here!

Playing Cards

Instructions for card games:

'Concentration'

Goal: To get the most pairs

How to set up:

- If you aren't including the jokers, spread the cards face down in four rows of thirteen cards each.
- If you are planning to play with the jokers, you can spread them out in six rows of nine cards each.
- If you're looking for a challenge, you can add more sets of cards.
- Set the rules on how to match pairs. They can be of the same rank and colour (e.g. eight of clubs and eight of spades, king of hearts and king of diamonds, or both jokers, if used).
- Or for a simpler version, the pairs can be of two cards of the same rank, a colour-match being unnecessary (e.g. three of spades and three of diamonds or jack of clubs and jack of hearts).

Once you've decided on this, you can start flipping.

Rules of the game:

- **Step 1:** Choose two cards and turn them face-up by taking turns. This is called a 'flip'. If the two cards match the rules you set before, you win the pair and play again. If they are not a match, you lose your turn and the person on your left continues.
- **Step 2:** Concentration ends when there are no cards left to match. The winner is the person with the most pairs; however, there may be a tie for the first place.

'Kings in the Corner'

Goal: To get rid of all your cards

How to set up:

- Each player is dealt 7 cards, and the remainder of the deck is placed face down in the centre of the table. This becomes the draw pile (stock).
- The dealer draws 4 cards, one at a time, and places the cards face up around the draw pile (making a cross shape).
- If a king is turned up, it is placed face up in one of the areas between the cards making a cross shape. This is placing the king in the corner.
- Cards are played in columns in descending order alternating colour.

Rules of the game:

- **Step 1:** The player right of the dealer begins.
- **Step 2:** The player places the next highest card of the opposite colour on top of a card that is face up. For example, if an 8 of hearts (a red card) is face up, a player can play either a 7 of clubs (a black card) or a 7 of spades (a black card) on the 8 of hearts. Cards can be played from the players hand, or the top cards moved from one pile to another pile on the table.
 - If a player plays a King, it goes in one of the four corners.
 - If a blank spot is created, the player places their highest card in that spot from their hand.
 - A player keeps playing until they are unable to play cards. Then their turn is over. The player can knock to signal that they have finished their turn.
- **Step 3:** After all the players have had a turn, a round of play has been completed. Each player draws 1 card before beginning their next turn.
- **Step 4:** If a player forgets to draw before beginning their next turn and the other players "catch" it, that player loses their turn.

Play continues until a player gets rid of all of the cards in their hand.