

## is Friendship.

Friendship is defined as 'the state of being friends.' So, what does it mean to be a friend? Friends have mutual trust, respect and support for each other. The relationship is reciprocated by both or all members of the friendship group.

### Why is friendship important?

Now, more than ever, friendships (even if currently virtual) are important. Human beings were created to be social creatures. Friendship is an important element in a fulfilled, contented life, and those who have close friends, whether one or two or many, will usually be happy and well-adjusted. Friends are especially important during times of crisis, uncertainty and change. If you find yourself going through a hard time, having a friend to offer **encouragement and support** can help make it easier. Having a friend, you can rely on, can help to **boost your self-esteem**. A lack of friends can leave you feeling lonely and without support. Having at least one person that you can rely on will help to build your confidence. If you have at least one friend, you will be more likely to get out and start doing things. Friends may also suggest activities that you would not have considered on your own—thus, **pushing you outside your comfort zone** to challenge your anxiety. Positive friendships will have a positive influence on you. If you make friends with people who are generous with their time, help others, ambitious, or family-oriented, you are more likely to develop those values yourself.

There are a lot of references to friends and friendship throughout the Bible. Many of the New Testament stories involve Jesus and his friends, the disciples. Jesus is a loyal and forgiving friends. Jesus offers his hand in friendship to all of his followers. Christians believe that they can always rely on Jesus for support and guidance like they do their friends. We could call him the first virtual, online friend!

FRIENDS COME  
AND FRIENDS GO,  
BUT A TRUE  
FRIEND STICKS BY  
YOU LIKE FAMILY.  
PROVERBS 18.24

True friends aren't the ones  
who make your problems  
disappear. They are the ones  
who won't disappear when  
you're facing problems.

— C. S. Lewis —

A FRIEND  
IS ONE THAT KNOWS  
YOU AS YOU ARE  
UNDERSTANDS WHERE  
YOU HAVE BEEN  
ACCEPTS WHAT  
YOU HAVE BECOME  
AND STILL  
GENTLY ALLOWS  
YOU TO GROW

— William Shakespeare —



### Friendship themed picture books

- 'The Snail and the Whale' by Julia Donaldson
- 'The Rainbow Fish' by Marcus Pfister
- 'A day so gray' by Marie Lambie
- 'Half a world away' by Libby Gleeson
- 'Lost and Found' by Oliver Jeffers
- 'Sharing a Shell' by Julia Donaldson
- 'Herman's Letters' by Tom Percival

F.R.I.E.N.D.S.  
Fight for you. Respect  
you. Include you. Encourage  
you. Need you. Deserve you.  
Stand by you.

### Keeping friendships going during the lockdown

- Virtual playdates
- Video calls- Facetime, Zoom
- Write a letter and deliver it
- Do some baking and deliver it to your friend's doorstep with a note.