



Friendship Tree Activity

Rooted in friendship,
growing together

This Friendship Tree Activity helps girls to consider what makes a friendship easy or difficult.

This activity will guide you and your girl(s) in creating a Friendship Tree visual, which can be kept and referred to as a reminder of what's important in friendships.

Through our work with girls, we hear again and again how important friendship is to them - and it will continue to be an essential aspect of wellbeing throughout their lives.

Long-term research published via the National Institutes of Health (NIH) shows that having close, high-quality friendships when girls are young leads to higher self-worth and lower rates of anxiety or depression as they enter adulthood.

That's why we've created the Friendship for Girls campaign. Support your girl(s) in choosing healthy friendships and being a good friend.

Suitable for girls in youth groups, schools, girls groups, or one-on-one with a parent or guardian!



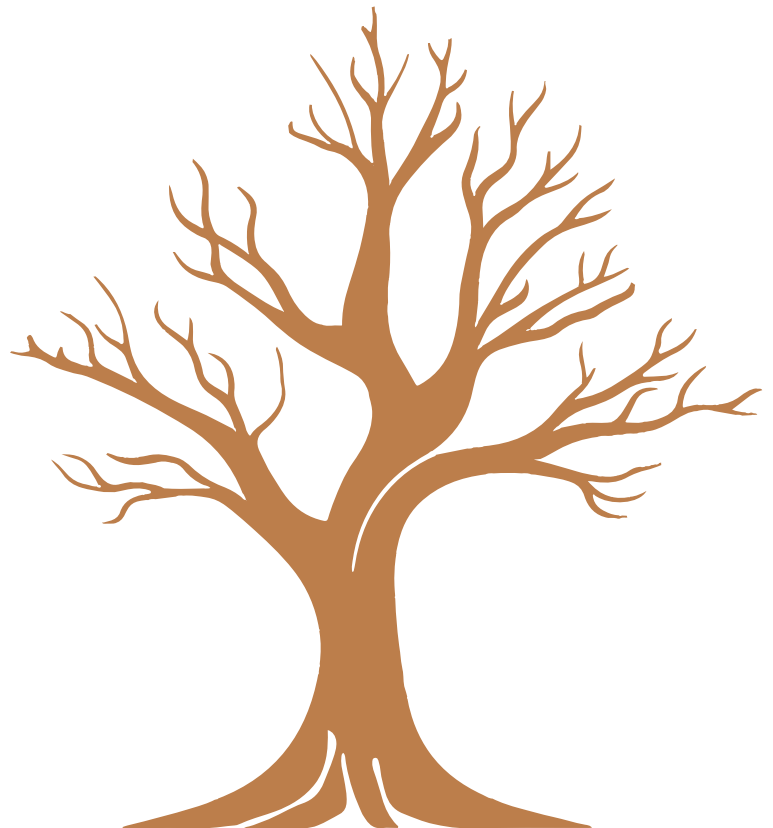
Friendship Tree Activity

Instructions

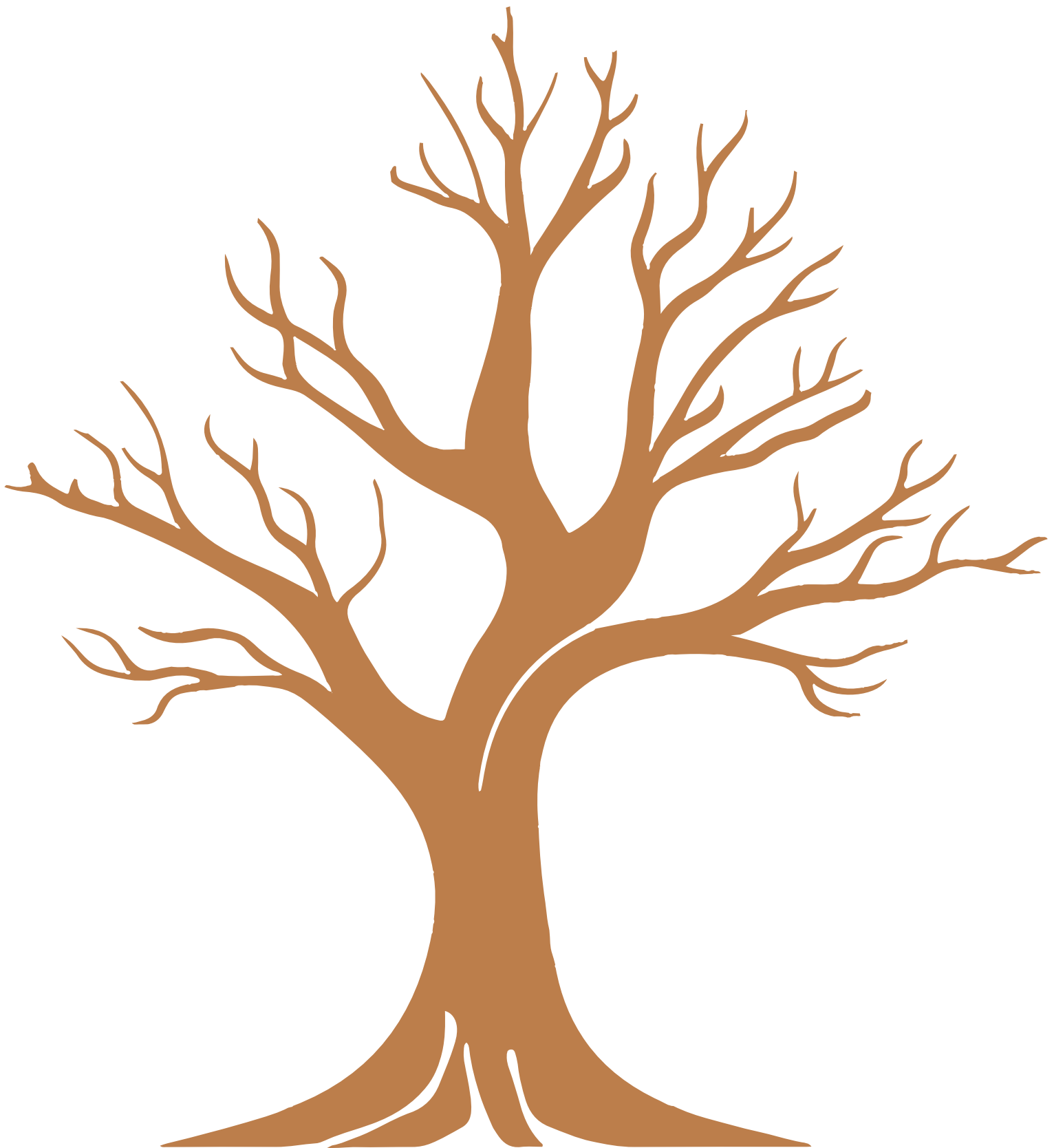


This is a Friendship Tree. Its leaves reflect the things that girls know about their friendships. The green leaves are healthy and good, whilst the orange leaves are decaying and making friendship harder over time. The tree is full of leaves at different points in their lifecycle - some have even fallen from the tree.

To make your own Friendship Tree, begin with a drawing or visual of a tree trunk, its branches reaching up to the sky without leaves. You can print the next page on a large piece of paper to use this blank tree, or just draw your own rough outline if it's easier!



Print this page, or draw your own outline!





Friendship Tree Activity

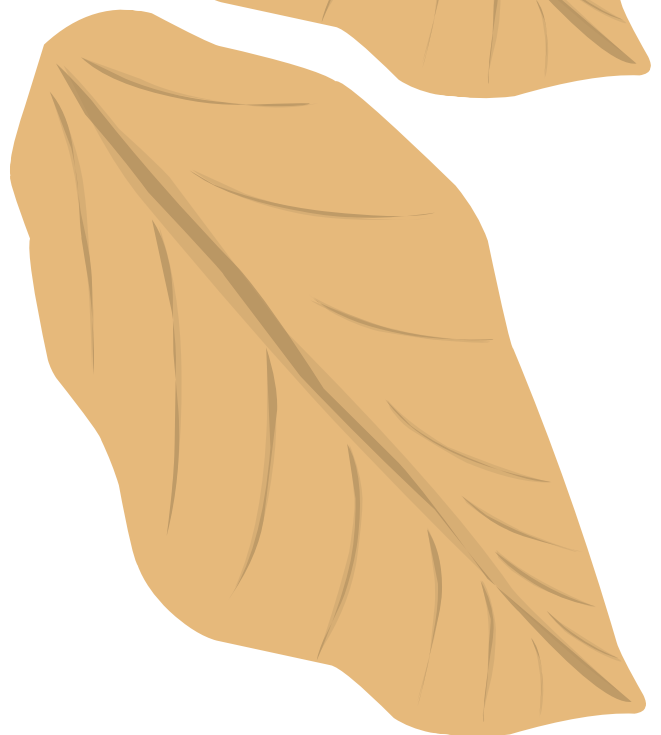
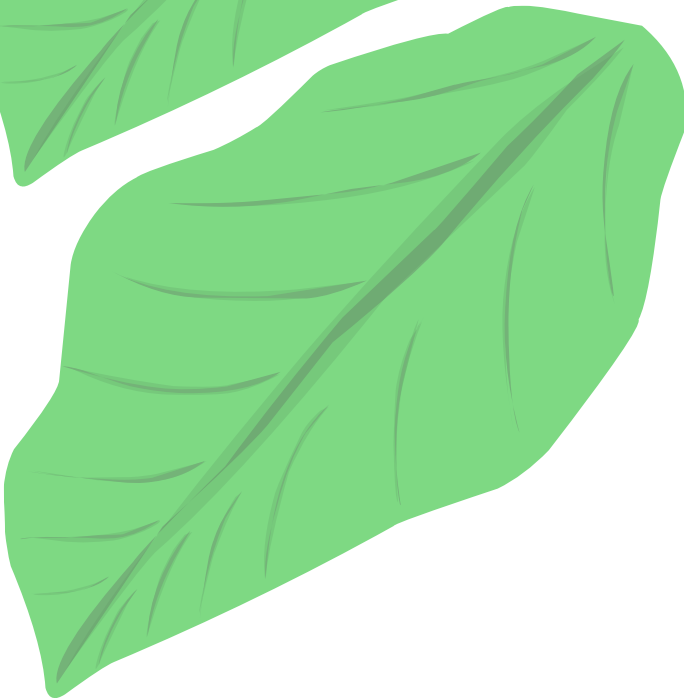
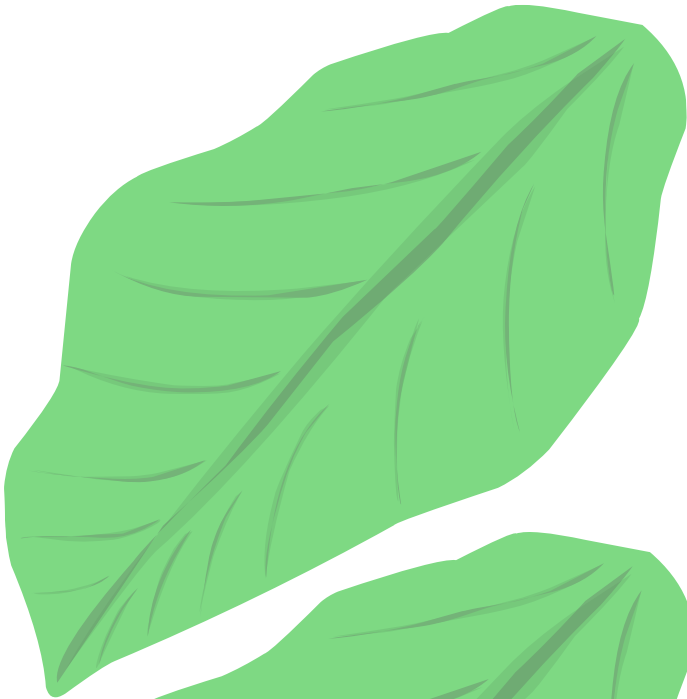
Instructions

Next, invite the girl(s) to write their reflections about friendship on the coloured leaves. Prompt them: "What makes you happy in a friendship?" These ideas can be written onto the green leaves. And: "What makes you unhappy in a friendship?" Those reflections would go on the orange leaves.



You can print off these coloured leaves from the next page, buy leaf-like or coloured sticky notes, or the girls could draw on their own leaves - whatever is easiest for you and your girl(s)!

Print this page, buy some post-it notes, or draw your leaves!





Friendship Tree Activity

Instructions

Finally, stick your leaves onto the tree outline to create your own Friendship Tree. This can be used to prompt a conversation about friendships with your girl(s) and kept as a memento or guidance for the future.



ritesforgirls



ritesforgirls

#friendshipforgirls

#friendshiptree



Share your Friendship Tree with us by posting a photo on Instagram or Facebook and tagging @ritesforgirls. Don't forget to use our hashtags #friendshipforgirls and #friendshiptree to join the conversation. Together we can show just how important friendship is for girls.



Friendship Tree Activity

Extension Activity

If you'd like to continue the conversation with your girl(s), consider asking them these questions:

- Do you feel safe and happy when you are with your closest friends?
- Have you turned to a friend for support in the last year?
- Can you trust your friends to keep a secret?
- Have you felt left out of a friendship in the last year?
- Do your friends sometimes pressurise you to do things you don't want to do?
- Do you have a friend to talk to when you feel sad or lonely?

You can send us your yes/no answers via info@ritesforgirls.com, if you'd like to add your voice to the conversation. We may use your answers anonymously in future reports and / or social media communications. You can opt out at any time.