



## Activity 74

### Spiritual Development:

## Heart/Friendship Chains

### To explore the qualities of friendship.

**You will need** – paper chains or strips of different coloured paper, felt tip pens, stapler, variety of art & craft materials and scissors.

**Activity** – We decided to make friendship chains to look further at the qualities needed to be a good friend. Cut paper into strips and decorate them with the qualities required to be a good friend. E.g.

- |                           |               |
|---------------------------|---------------|
| * thoughtful              | * love        |
| * kindness                | * forgiveness |
| * sharing things and time | * respect     |
| * listening               | * acceptance  |
| * complement each other   | * laughter    |
| * honesty                 | * support     |
| * encouragement           | * praise      |



Take a decorated chain and fold it in half, bend the end into the centre and staple them together with the folded part of another chain. Continue until you have the length of chain you need and display it on your ethos notice board.

