



Self-teach Workbook Unit 9: Friendship

"There is only one true value - the relationship of man and man."

Antoine de Saint Exupery

These tests, surveys, exercises and games have been developed in connection with the implementation of the project "Healthy Minds Wellbeing at School". It is mainly aimed at students aged 14-18. The aim is to further develop students' practical skills for communication, focus on their value orientation and their personal attitude towards others, to realize that friendship is so important.

Activity 1

Take the FRIENDSHIP TEST!

Can you make new friends? Where do you feel good - in all company or only in the company of your closest friends? Test results will show your most prominent social traits.

Complete the questions below.

1. You have a dispute over money with friends. How do you deal with the situation?

A / I will direct the conversation to another topic. Distract them!

B / I will forbid them talking about money.

C / I will try to make sense of the situation and find out what is happening.

2. In your opinion, the numerous contacts are an expression of:

A / prestige

B / great friends

C / power

3. Your friends are organizing a party and you are late. You say:

A / Please excuse me.

B / All stars are late.

C / I don't say anything, but I know I'm wrong.



4. The tips you receive from others around make you feel:

- A / confident
- B / distrustful
- C / indifferent

5. Which sentence best defines life for you?

- A / Everything is good in this wonderful world.
- B / It is a struggle and people annoy me.
- C / Life is a nice creative effort.

6. You have to take shelter with strangers in a remote forest hut?

- A / You use the time to get to know and talk to them.
- B / You swear and get angry.
- C / You keep calm.

RESULTS

Each answer A is 1 point

Each answer B is 2 points

Each answer C is 3 point

6 to 14 points

You only feel good around your loved ones. You lack confidence which sometimes means you are misunderstood by people.

15 to 26 points

You choose the people you interact with carefully. You are a good interlocutor and a careful listener. Sharing ideas and expressing respect for others is important to you.

from 27 to 36 points

You cannot live without friends. Your ability to understand human problems makes you an ideal friend.



Activity 2

Take the SURVEY "REASONS FOR CHOOSING A FRIEND"

Purpose – find motives for friendship

Age category: 7-18

Instruction: “You probably have a boyfriend / girlfriend. Write his (her) name in the survey. The name can be real or fictitious. Why are you friends with him (her)? Select several reasons from the list (no more than 5) and mark them with an "X".

Questionnaire

Name and surname (real or imaginary)

1. Because he is cheerful and can communicate with him (her).
2. Because he is not greedy .
3. Because he lives near me, we are neighbors.
4. Because together we visit the same club (section, team,).
5. Because we have been studying in one school for a long time.
6. Because in the summer we spend the holidays together.
7. Because he / she is interesting to me.
8. Because he /she knows many things.
9. Because it prompts me and helps me learn.
10. Because we exchange toys, books, aids, etc ..
11. Because we play together on the computer.
12. Because he/ she is strong and protects me.
13. Because I like it.
14. Because I need a boyfriend / girlfriend.

Results:

Read your friendship motives and answer the questions: Is
 /*name of your friend*/ my true friend?
 Why am I a friend with him/ her?



Activity 3

TEST

WHAT KIND OF FRIEND ARE YOU?

1. How many friends do you have?

A / Only one or two, but ones I hold on to and I know I can count on

B / I have many friends, we are a great company and we always have fun together

C / I have no friends, only acquaintances

2. How long has your longest friendship lasted?

A / I change my companies every few years, but there are people who stay longer

B / I have known my best friend since school. This is my longest friendship and it continues

C / My Friendships don't last long. It is only a matter of time before people disappoint you

3. What would you do for a friend?

A / For a friend I really care about - everything

B / Almost nothing

C / Many things, I would help him whenever he needs

4. Your friend is in a terrible mood because he/she is nervous about his/her problems. What are you doing?

A / I listen to him/her and I buy his / her favorite dessert to make him/her feel better

B / I will do what I can to cheer him/her up

C / I will stay away until she / he gets better

5. Have you ever had anything to do with a friend's boyfriend/ girlfriend?

A / Only if she / he explicitly allows

B / Never, friends are more valuable

C / This is very common situation- everybody does it

6. And what do you think about your boyfriend's boyfriend/ girlfriend?

A / He/ she is never good enough for my friend



B / If they are really for each other and he / she is behaving well - I approve

C / If he / she likes him / her, then everything is fine.

RESULTS

Predominant Answers A - A Loyal Friend - You are the friend we all dream of. You are completely dedicated to those people you care about and who have earned your friendship. And they are really lucky to have a person like you next to them.

Predominant answers B - The soul of the company - you are surrounded by friends; everyone wants to be in your company because you know how to have fun. In addition, you are ready to help a loved one when they need you.

Predominant answers C- You can do more - you are a person who likes to receive rather than give. You don't have many friends because you rarely trust people and don't let them in. Try to give a chance to a person you know is valuable and worthwhile. You will not regret this.



Activity 4

QUICK TEST: WHAT KIND OF A FRIEND ARE YOU?

With the help of a quick test you can find out if you are a good friend or you are one that no one can rely on. Answer **YES** or **NO** to the questions and then calculate the result.

1. Would you choose to hang out with your best friend on Friday ? YES NO
2. If a friend calls you in the middle of the night and wants to go to him / her right away without explaining why, will you leave? YES NO
3. Are you ready to split your last money with a friend? YES NO
4. If you give your favorite outfit to your best friend and he / she returns it to you torn down, will this end your relationship? YES NO
5. If you both like the same person, are you ready to step back to make your friend happy with him / her? YES NO
6. If your boyfriend or girlfriend forbids you to see your friend because he / she thinks it is bad for your love, will you / her listen to him / her? YES NO
7. Would you take your best friend with you on a trip or vacation even though you can only go with your boyfriend? YES NO
8. Do you often fight/ argue with your friends? YES NO
9. If you are angry, are you ready to forgive in the name of friendship, even though you have to compromise with yourself? YES NO
10. Do you know how you can please your best friend? YES NO

RESULTS

More answers Yes: You are the perfect friend. You are a reliable person who can sacrifice your own interest in order to help people who rely on you. Even if you do not get paid off with the same, you are not angry and continue to be the best friend to those who are important to you.

More answers No: You are not a loyal friend. For you, friendship is simply a way of killing time and being able to indulge in gossip about the events and people you care about. It is good to learn to value the people around you more.

Equal Answer Yes and No: You can be a perfect friend, but you don't always think you have to give in to your emotions and efforts without getting something like that in advance. You try to judge your every move and this can sometimes be fatal to your friendship.



Activity 5

FRIENDSHIP TEST FOR GIRLS

Let's see if you can really be good friends. Answer the test questions quickly, without hesitation - then the test will be the most accurate.

1. You know a funny story about your friend. Your actions:

A / you have to tell someone right away (1 point)

B / share it, but change the names (2 points)

C / you will keep your mouth shut (3 points)

2. The new dress does not fit your friend. What are you going to do?

A / you will tell her (2 points)

B / you will not say anything (3 points)

C / you will praise the garment (1 point)

3. What is your opinion about your friends?

A / they are smarter than you (2 points)

B / are not as smart as you (1 point)

C / your mental abilities are at the same level as theirs (3 points)

4. Your friend often borrows your things, but is in no hurry to return them. What will you answer the next time he asks you for something?

A / you will give it to her (1 point)

B / you make up a reason not to give it to her (2 points)

C / you will refuse, explaining the reason (3 points)

5. Your friend accidentally breaks your favorite vase. You:

A / you say you don't like her anyway (3 points)

B / you want to pay it (2 points)

C / you tell her she is careless (1 point)

6. Your friend is dating a boy you don't like. You:

A / terminate your friendship with her (2 points)

B / you are silent and you are friends as before (3 points)

C / put your friend in front of a choice: either he or you (1 point)



7. You really like your friend's jacket and want to wear it. Your actions:

A / you will make a hint about it (1 point)

B / you will ask for it directly (2 points)

Q / you will not say anything (3 points)

8. You are sure that your friend needs:

A / to tell you everything (1 point)

B / to share what she considers necessary (3 points)

C / do not share because you have enough personal care (2 points)

9. You notice that your friend is moving in a bad company. What would you do?

A / you will immediately terminate all contacts with her (1 point)

B / you will tell her frankly what worries you (3 points)

C / you will continue to be friends, let her communicate with whomever she wants (2 points)

10. Your friend needs money, and you have the right amount. How will you offer it?

A / I will be very happy to help you if you accept this money. (2 points)

B / You help me so often. This is the least I can thank you for. (3 points)

C / We need to solve your problem immediately. Take them. (1 point)

RESULTS:

21-30 points.

Congratulations! You are sincere, caring, sociable and never ignore your loved ones. Loneliness and sadness are not related to You, because you are sure that in a difficult situation, friends will always help you.

15-20 points.

You don't always get to know your friends. You often notice bewilderment in their eyes. To improve relationships with your friends, try to put yourself in their shoes more often. This will make it easier for you to understand each other and find a common language.

10-14 points.

You are like a lone wolf. You prefer to solve your own problems. You are afraid to trust and think that you do not need friends. At the same time, you can communicate very well "from a distance". Try to transfer these skills to direct communication. You will find out that life with friends is easier and more interesting.