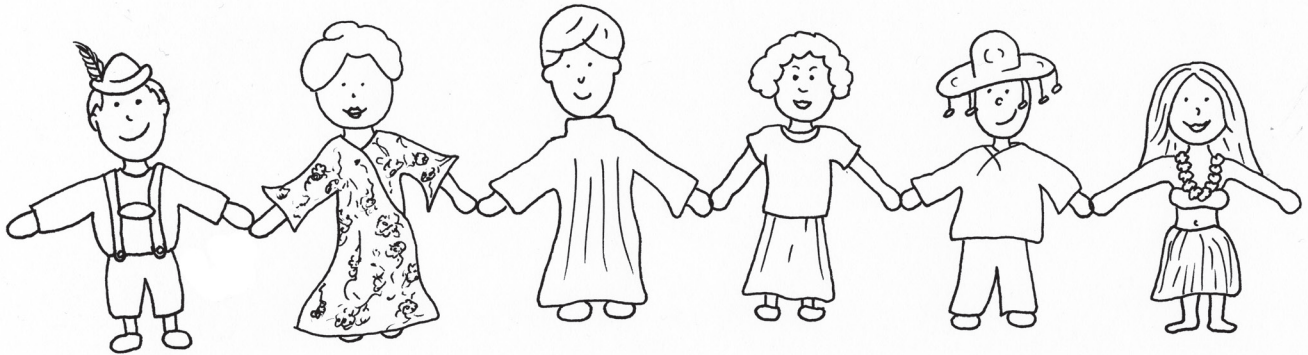


A Recipe for Friendship



**To have many friends in life –
to be liked and loved by all those around you, you will need:**


♥ **A giving spirit** – You might think this means buying gifts. You would be wrong! Even though it is great to give a friend a thoughtful present from time to time, two of the best things you can give someone are your time and a listening ear. Don't be a 'me monster'. Recognise that what they have to say and do is more important than you are.

♥ **Some kind words** – Tell them what you like about them. Be positive and use words that will build them up rather than tear them down. Help them to feel good about themselves. Remember, you are trying to build a new friendship, not destroy one.

♥ **A helping hand** – When you see somebody struggling with their maths homework or standing on their own, why not go over to them? Tell them the answers (but only when your teacher isn't looking) or ask them to join in the game you are playing. Don't keep friends to yourself. Share them! Nobody likes selfish people. The world is a big enough place for everyone to enjoy themselves.

♥ **A pinch of courage** - Do not be afraid of trying to start a new friendship with somebody you haven't spoken to before. Who knows, they may turn out to be your future best friend.

♥ **A sprinkle of laughter** – Nobody wants to be near somebody that never makes them laugh. Don't be too serious all of the time. Enjoy yourself, and like butterflies to a colourful garden, friends will always visit you and want to be around you.



Mix all the ingredients together and keep in a warm heart. When you are ready to serve, add **love*** and dish out straight away. Stand back and watch as a new friendship is made or an old friendship is made stronger.

* This is a key ingredient. Without it your recipe will fail. Make sure you have plenty of it in store.