Resource 1 Friends and family statements

Features of positive friendships and family relationships			
Friends and family members…	**Always**	**Sometimes**	**Never**
….like doing all the same things	☐	☐	☐
….help each other	☐	☐	☐
….hug each other	☐	☐	☐
….get cross with each other	☐	☐	☐
….look out for each other	☐	☐	☐
….cheer each other up	☐	☐	☐
….listen to each other	☐	☐	☐
….have fun	☐	☐	☐
….speak kindly to each other	☐	☐	☐
….stay in touch	☐	☐	☐
….your idea	☐	☐	☐
….your idea	☐	☐	☐

Resource 2 Zone of relevance

Not important

Less important

More important

Resource 3 Friend and family scenarios

Jo loves to spend time with Grandad and they often see each other on weekends. Jo helps Grandad with tidying the house and they watch films together. One-day Jo's mum tells them that Grandad is going to move into a new home with other older people so that he can be better looked after.	What could Jo and Mum do to let Grandad know they still care for him? Click or tap here to enter text.
Shakira is close to her older sister, Zara. They love going shopping together. Now there is a new baby in the family and Shakira has become an Aunty! Shakira was very pleased at first but now is finding it hard. Zara spends most of her time with the baby and they can't do the things they used to.	What could Shakira do? Click or tap here to enter text. What could Zara do? Click or tap here to enter text.
Jesse's dad has moved away for a while with work. Jesse usually spent every weekend with Dad but now he lives too far away so Jesse will only see him during holidays. Dad says he is really missing Jesse and wants him to come and visit very soon.	What could Jesse and Dad do to keep in touch in the meantime? Click or tap here to enter text.

Dani has broken her leg playing football and is in hospital. It's Dani's birthday in a few days but her party has been cancelled. Her friends are wondering how they can cheer her up and help her celebrate as they won't all be allowed to visit her in hospital.	What could Dani's friends do to show they care? Click or tap here to enter text.