



## Activity sheet

# 'How good a friend are you?' Quiz

**Q1. Your friend Zak is feeling nervous about going to the dentist. Do you...?**

- A. Tell them that you hate the dentist too and they might have to have a filling.
- B. Tell them that it will probably be ok and that they won't have to go again for another 6 months.
- C. Start making drill noises and acting like a demon dentist!

**Q2. Your friend Ali has just been chosen as the captain of the school team and they're feeling really pleased with themselves. Do you...?**

- A. Say 'That's a big job. I'm not sure I'd want to do it.'
- B. Say 'Congrats, mate. You've been playing really well – you deserve it!'
- C. Say 'Big deal! Who wants to be captain anyway? It's a rubbish job.'

**Q3. Your friend Jay has just got a brand new skateboard and is really excited. You feel a little bit jealous, but do you...?**

- A. Say 'You're so lucky. You always gets loads of good stuff!'
- B. Say 'Nice 'deck, buddy! How about I get my 'board and we can learn some tricks together?'
- C. Grab it off them and run away, cackling evilly!



**Q4. Your friend Toni tells you that she's being bullied and it's making her feeling really scared. Do you...?**

- A. Tell her that it will probably stop at some point and not to worry about it.
- B. Ask her if she wants you to come with her to tell the teacher.
- C. Tell her that it's not your problem and to stop bothering you.

**Q5. Your friend Kai's pet needs to go to the vet. Do you...?**

- A. Tell him a long, sad story about your favourite, dead pet.
- B. Ask him if he wants to talk about it and then just listen.
- C. Say: 'It's just a pet! Why are you bothered!'

**How good a friend are you? If you answered...**

Mostly As – Hmmmm... you're trying to help, but perhaps you could think less about your feelings and more about your friend's feelings and what you can do to help them.

Mostly Bs – Good work! You're listening to your friend and considering their feelings carefully. Consider yourself a good friend!

Mostly Cs – Whooaa! Are you really thinking about your friend's feelings? Engage brain before you speak and act!