



Feel good

# Give and take

Stage

5

60+ mins



Skills builder



## Aim of activity

Why do we need friends?  
Discover how doing things  
for others improves our  
mental wellbeing.

## What you'll get out of it

- Discover the benefits of positive relationships.
- Think creatively.
- Get to know someone else in your unit.

## What you'll need

- Strips of paper
- Pens
- 2 pots or bowls
- Craft materials
- A timer



WE DISCOVER, WE GROW

Girlguiding



## Feel good

### Note to leader

This activity is designed to be done over two meetings.

Friends are incredible. Not only do they give you someone to have fun with, they also:

- Make you feel part of a group
- Boost your happiness and reduce your stress
- Improve your self-confidence
- Help you through bad times

It's important to give back and show your friends you care by doing something nice for them.

### What to do

**1** First, get into two groups. Group one, form a circle. Group two, stand behind someone in group one. Group one, turn around so you're facing someone in group two.

**2** You have 90 seconds to talk to the girl opposite you. Try to find out as much as you can about her. For example:

- What would she change in the world?
- Her favourite film, TV show or book
- Her hobbies

**3** After 90 seconds, group two move one place to the left, so you're facing a new person. Set the timer again and find out as much as you can. Keep going until you're back where you started.

**4** Now, label the two pots or bowls 'group one' and 'group two'. Everyone, take a strip of paper and write your name on it. Fold your paper and put it in your group's pot or bowl.

**5** It's time to become an undercover friend. Draw a name out of the opposite team's pot or bowl. Try not to show your name to anyone else. Think about the girl you picked. What is she like? What does she care about? What are her favourite things? You're going to show her that you care.

**6** Plan something you could do in the next meeting to show her that you care. For example:

- Raise awareness for a cause that she cares about
- Make something from her favourite film
- Run her favourite activity

### Top tip

If you know that you want to do the same thing as someone else, you could work in pairs. Just make sure that you don't tell anyone who chose them.

**7** Tell your leader what you're planning to do. She can help you to sort out timings for the next meeting so that everyone has a chance to do or make the things they want.

**8** Now it's time to show someone that you care! At the next meeting carry out your plans, but don't forget you're undercover! Afterwards, talk about how it felt to do something for someone else. Think about times when you can do things for others to show them you care. Remember, it doesn't have to be something big – a little goes a long way!