



connectquest.ca

Great Friends Are...

Activity Sheet



This activity helps you identify the qualities that you and other students are looking for in a friend. This way you can notice these traits in others (and yourself) and build meaningful connections.

Strong friendships can support your well-being by helping you feel included, understood, and accepted.

Instructions

1. Use the reflection questions below to brainstorm ideas for your “Great Friends Are...” poster. Brainstorm on your own, with a partner, or in a group.
2. Create a “Great Friends Are...” poster using blank pieces of paper and pens, pencils, or markers. Describe the qualities of a great friend using words, drawings, or another creative method!
3. Share your posters with others and see what qualities you have in common.
4. Write your names on the “Great Friends Are...” posters and put them on display in your classroom. Or put them in the hallway so others can see what being a great friend looks like.
5. Encourage other students to participate and create a “Great Wall of Friendship” in your school!

Reflection questions

- Why is friendship important?
- What makes someone a good friend?
- What qualities do you value in a friend? (e.g., honest, loyal, likes to laugh, kind, etc.)
- What makes you a good friend?



Good friends listen, care, and make each other feel included. When you know what makes a good friend, you can be one too - to others and to yourself.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.