

LIFE SKILLS EMOTIONAL SKILLS

BEING A GOOD FRIEND



LIFE SKILLS

Being a good friend

A good friend

- understands your feelings
- says sorry when they are wrong
- understands you and knows when you have a problem

1 Read the sentences and answer the questions.

It is better to have a few good friends than a lot of friends.

To know how someone else feels, put yourself in their shoes.

- 1 What do you think the sentences mean?
- 2 Do you agree with the sentences? Why? / Why not?
- 3 Which sentence do you prefer? Why?

2 Choose two qualities that you think are important in good friends. In pairs, compare your ideas.

They listen carefully

They make me feel good

They are there for me when I have problem

They help me do my best

They give me their opinion

They trust me

3 Read the text quickly. Match sections 1–3 to photos A–C. Are you a good friend?

A



1

Friends are an important part of our lives. It's sometimes difficult to make friends and it's not always easy to keep them. To have **close** friends, it's **essential** to be a good friend. The big question is what can you do to be a good friend and keep your friends?

B



4 Complete the sentences with **highlighted** words from the text.

- 1 It's _____ to be a good friend to have friends.
- 2 It's not always easy to make and keep _____ friends.
- 3 Maybe your friend is worried about a bad _____ in an exam.
- 4 Good friends give _____ and they tell you the best thing to do in a difficult situation.
- 5 It is sometimes important to be _____ so you can know yourself.
- 6 Remember that the longest _____ you have is with yourself.



2

Good friends usually share interests and like doing the same things. They have fun together but they help each other in difficult times, too. For example, when someone gets a bad mark in an exam, does not get on the football team or feels sad or alone, a good friend tries to understand the situation and offers help.

Your friend is sad and you don't know what to do. Maybe you can call them, visit them or make them a card. When a friend is worried about an exam, you can help them study. If your friend doesn't get on the football team, you can practise together after school.

Remember, a good friend listens carefully and gives advice when possible. So, listening to people and putting yourself in their shoes helps make, and keep, friends.

3

It's important to have friends to help you, but it's also necessary to know how to be alone and to be sure of yourself. Don't forget, the longest friendship in your life is with yourself!



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C



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5 Listen to Karl talking to Martha. What does Martha do?

- a She tells Karl her problems.
- b She listens to Karl and tries to help him.
- c She calls Alex.



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6 Listen again and answer the questions.

- 1 How do you know where Karl and Martha are?
- 2 Why is Karl feeling sad?
- 3 What did Karl do immediately after the argument?
- 4 According to Martha, what do good friends do?
- 5 Does Martha think Karl should call Alex that day?
- 6 When does Martha tell Karl to send a message?



TALKING POINTS

Who do you talk to when you need help and support? A friend? A family member? A teacher?



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7 Now listen again and match the two halves of the sentences.



USEFUL LANGUAGE

- | | |
|--------------------------|------------------------|
| 1 Why don't you ... | a wait until tomorrow. |
| 2 I think you should ... | b worry. |
| 3 You shouldn't ... | c to wait. |
| 4 It's a good idea ... | d send him a message? |

PROJECT

A helpful poster

In small groups, choose problem A or B below. Talk together and think of some advice and write ideas in your notebook. Use expressions from Exercise 7.

- Draw a picture of the situation you chose.
- Make a poster with your advice and a picture.
- Present your poster to another group or to the class.

A I have no idea what to do. My best friend always says bad things about our friend Jack when he isn't with us. What should I do?

B My friend Anna is very sad these days. She spends her weekends alone and doesn't want to go out. I'm worried about her. How can I help her?