

WHAT MAKES A GOOD FRIEND?

Watch the [video](#) "10 Differences Between Good and Toxic Friends" by Bright Side.

1 VIDEO VOCABULARY

Match the words in the box to their definitions below.

toxic 3	conceited 1	empathetic 4	lose one's temper 2
gossip 6	reconcile 5	enrage 8	cheer up 7

Definitions:

1. to have a high or exaggerated opinion of oneself or one's accomplishments.
2. to become very angry.
3. a harmful, unacceptable relationship.
4. the ability to feel what others are feeling as if you are feeling it yourself.
5. to settle an argument and become friends again.
6. conversation about other people's private lives that might be unkind, disapproving, or not true.
7. to become happier or experience improvement in one's mood.
8. to cause someone to become very angry.

Task:

After matching the words to their definitions; use the words in sentences, stories or questions to each other to create lively discussions



2 DISCUSSION QUESTIONS

Discuss the following questions as a class. Use the vocabulary from task 1 wherever possible. This is your opportunity to practice and improve your English level. Have fun!

1. Who is your best friend? How long have you known each other?
2. How often do you see your friends? At what type of social events do you see them?
3. Would you consider any of your colleagues to be true friends?
4. Describe a time when a friend celebrated your success.
5. Is it natural to feel jealous sometimes? Have you ever felt jealous of a friend's success?
6. Do you like to have alone time? What do you like to do?
7. How would a toxic friend react to you wanting to have alone time? **They would not be happy, making you feel guilty, because they want to occupy all of your time.**
8. What problems can arise from having too much alone time? **Feel lonely. Decrease social skills.**
9. How would you react if your friend cancelled dinner plans at the last minute?
10. How would you cheer up a friend if they were upset? Give real-life examples if possible.
11. Do you consider yourself to be an empathetic person? Give an example.
12. How can you show your friends that you care about them? **Listening to them. Spending time with them. Phone calls. Presents.**
13. Do you agree that judging and criticising your friends is fine? Explain.
14. Have you ever told a friend that you don't like their appearance?
15. Do you know anyone that is conceited? Give examples.



16. Are you able to have passionate debates with friends or do they lose their temper?
17. What subjects do you like to discuss with your friends? Sports, politics, work?
18. In your opinion, what is the best way to reconcile after an argument? **Speaking about the issue. Hang out. Go to dinner together.**
19. How do you know if someone truly listens to your opinion? **They pay attention to you while talking. Not distracted. They take action on your words.**
20. How does it feel when someone doubts your words and googles it instead?
21. Do you know anyone who often lies? How does it make you feel?
22. When was the last time you called a friend? Why did you call?
23. Why is it important to call friends? **To show you care. To listen to their problems. To help. To have fun conversations.**
24. If you could change anything about your best friend what would it be?
25. Has a friend ever tried to change or control you? How did you feel?
26. Do you have more than one group of friends?
27. What are the advantages of having more than one group of friends? **You have the chance to know and hang out with more people who may have different interests**
28. Do you like to participate in gossip? Explain.
29. Who would you tell your secrets to? Explain.
30. In detail, giving examples, describe the qualities of your best friend.
31. In detail, giving examples, describe the actions of a toxic friend.
32. What is meant by “a friend in need is a friend indeed”? **A friend who helps you when you really need help is a true friend.**



HOMework

1 THE VALUE OF FRIENDSHIP

Read the article, then complete the exercises on the next page.

Friendship is an important part of human life that holds immense importance in our lives. The value of having friends extends far beyond mere companionship. Genuine friendships contribute to our overall well-being, personal growth, and provide us with emotional support during both joyous and challenging times.

One of the primary advantages of having friends is the emotional support they provide. Friends are the people we can rely on when facing difficulties or experiencing emotional turmoil. They listen, offer guidance, and provide a safe space for us to express our feelings without judgement. In times of joy, they celebrate with us, making our accomplishments even more meaningful. The empathy and understanding offered by friends help us feel validated and less alone, promoting mental well-being and reducing stress.

Friendships give personal growth and development by exposing us to new perspectives, ideas, and experiences. Through interactions with friends, we learn to appreciate diversity, broaden our horizons, and challenge our own beliefs and assumptions. Friends can inspire and motivate us to reach our full potential, encouraging us to set goals, take risks,

and step out of our comfort zones. They provide constructive feedback and help us identify areas for improvement, leading to personal growth in various aspects of our lives.

Humans are social creatures, and friendships fulfil our innate need for social interaction and belonging. Friends create a sense of community and support, acting as a source of validation and acceptance. They accompany us through life's ups and downs, creating lasting memories and shared experiences. In times of adversity, friends offer a network of support, providing assistance and reassurance. The companionship and camaraderie shared with friends enrich our lives, enhance our overall happiness, and create a sense of belonging in a world that can sometimes feel isolating.

The significance of having friends in our lives cannot be overstated. Beyond providing companionship, friends contribute to our emotional well-being, foster personal growth, and create a sense of belonging. By cultivating and nurturing meaningful friendships, we enrich our lives, enhance our happiness, and ensure a support system that accompanies us throughout life's journey.

2 WRITING TASK

On a separate piece of paper, write detailed answers to the following questions.

1. How does friendship contribute to our overall well-being and emotional support?
2. In what ways do friends provide a safe space for us to express our feelings without judgement?
3. How does the empathy and understanding offered by friends help reduce stress and promote mental well-being?
4. How do friendships expose us to new perspectives, ideas, and experiences?
5. Can you give an example of how a friend has inspired or motivated you to reach your full potential?
6. How do friends help us challenge our own beliefs and assumptions?
7. How does constructive feedback from friends contribute to our personal growth and development?
8. Why do humans have an innate need for social interaction and belonging?
9. How do friends create a sense of community and support in our lives?
10. Can you share a personal experience where a friend provided assistance and reassurance during a difficult time?
11. How do shared experiences and lasting memories with friends enhance our overall happiness? Share an example from your life.
12. Why is it important to cultivate and nurture meaningful friendships throughout life's journey? Give real-life examples.

