

# Sticker Friend

## Positive Qualities Activity



### Objective:

Identify meaningful and positive qualities in others.

### Age:

8 years and older.

### Length:

Approximately 10 to 15 minutes.

### Supplies and Materials:

1. Flip chart or sheets of poster board and an easel or stand.
2. Markers.
3. Small stickers such as colored circles or smiley face circles – 3 per person.

### Activity Directions:

1. Ask participants to brainstorm qualities that make a good friend. These can be external (how they look) and internal (how they act). Write responses on flip chart or poster boards. Ask each person to contribute to the list by taking turns. If someone wants to pass, they can say, “pass.” Once everyone has had the opportunity to contribute, ask for additional ideas.

Examples – friendly, dependable, loyal, attractive, truthful, good listener, sympathetic, tall, muscular, smart, likes same things I do, happy, optimistic, wear cool clothes, likes to have fun, trustworthy, doesn't judge people

2. Distribute three stickers to each participant. Ask them to place their stickers next to the three qualities on the list they would most like in a good friend.

3. Go back to the list. Mark the items as internal and external.

4. Discuss the results. What does this show about what we look for in a friend? Why did we choose the ones we did? Compare external and internal qualities chosen.

5. As a final discussion point, ask,  
“Do the following qualities depend on body shape or size?”
- \* truthfulness
  - \* friendliness
  - \* hurtfulness

### Take Home Tidbit

Take home slip says the following:

“Ask me about the activity from the WIN Kids Fun Day where I used stickers to show what I look for in a friend.”

### Sources:

Adapted from: MY BODY’S Individual. Health Files: High School Nutrition & Activity Lessons, Dairy Council of California, 888-868-3083, <[www.dairycouncilofca.org](http://www.dairycouncilofca.org)>.



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