

The Friend Effect: Creating Community and Building Positive Relationships

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I've had great relationships and friendships over the years that pay dividends and give back so much in my life. These friendships affect my mental health, impact my everyday life, and really make me happier on a daily basis.

-Kevin Love

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CREATIVE ACTIVITY - Collage

As you watch the video, take some time to answer these questions below:

What makes you a good friend?

What do you want out of a friend? And where might you find them?

Write down one thing you learned about communication from the video.



What's your socializing style? Interests? Values?



Creative Activity:

Create a collage of photos featuring friends or family that capture happy moments and shared experiences, highlighting what you value most about those relationships.

(This collage can be digital or you can also use drawings or pictures from a magazine if you do not have access to technology).