- In the innermost circle write or draw the friends/family that are closest to you; your best friends, and closest family members;
- In the second circle your good friends, next closest family, (but who you regard as not the closest);
- In the third circle friends who you know less well (perhaps people at groups or clubs, relatives you see occasionally etc.);
- In the fourth circle, people who you know only very little (for example, neighbours, friends of friends etc.).

You can use initials instead of names if you prefer.


Everyone has a range of different friendships and that we act differently within our different friendship groups. Also some of our friendships can change over time, and people can move to and from different friendship groups. This is a normal part of life.

Think about:
Why do you think it is important to have friends in different friendship groups?
Which group do you spend most time with and why?
What qualities do you notice in your friends?
Are these qualities the same in all friendship groups?

