

Discussion topics for FRIEND ACTIVITIES

See also www.redcross.fi/friendshipskills

Hobbies

What interests do you have?

Do you like travelling? Where have you been?

What kind of books/films do you like?

Have you got pets? Do you like animals?

What is your favourite place in nature?

How do you normally spend your free time?

What kind of music do you listen to?

Dreams

If you won the lottery, what would you do?

What superpower would you like to have?

If you were an animal,
which one would you be? Why?

What dream would you like to fulfill?

What skill would you like to learn?

What country/place would you like to visit?

Describe what your dream holiday
would be like.

Surprising questions

What is the most useless thing
you have ever bought?

What makes you smile every time?

Can you share a surprising fact
about yourself?

Can you name three items that you
could not imagine living without?

Is there a phrase/proverb
that you use frequently? What is it?

What makes you feel worried?

What is your favourite place in the
whole world?

Things to do together

Choose a recipe for cooking/baking
something together. You can cook via a video
link or share photos of the end results.

Pick a film to watch or a book to read
together. Discuss your thoughts on the story,
main characters, etc.

Share photos with each other of your
favourite places, things you spot while outside,
nature, etc.

List three pieces of music that you find
particularly touching. Listen to each other's
choices.

Art challenge: pick a topic and try to express
it through drawing, painting or photography.
Swap pictures of your art.

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Strengths and resources

- ☐ How do you 'recharge your batteries' or relax?

- ☐ What gives you hope?

- ☐ Name at least three things that you are good at.

- ☐ What aspects do you value in your life?

- ☐ What are your strengths and how do they show in your life (e.g. bravery, creativity, persistence, intelligence, kindness, thoughtfulness, leadership, compassion....)?

Roots

- ☐ Where are your roots? How strongly are that region's dialect, traditions and vocabulary part of who you are?

- ☐ Have you noticed any traits that you inherited from your parents?

- ☐ Do you have any siblings? If you do, do you have a lot of things in common?

- ☐ What sort of traditions are important to you?

- ☐ Share a meaningful memory from your childhood.

Social relations

- ☐ Does meeting new people make you nervous? Why?

- ☐ What do you like to learn about people when you first get to know them?

- ☐ What type of people do you find easy to approach? Why?

- ☐ What is your social network like? How often do you see your friends/family?

- ☐ What are your strengths when it comes to relationships or friendship skills?

- ☐ What do you normally like to talk about with your friends? What topics do you dislike?

- ☐ Which things and values are important to you in a relationship?

Loneliness

- ☐ Being alone is different to being lonely, which is always a negative feeling. Do you enjoy being alone? What do you do when you are by yourself?

- ☐ When was the last time you felt lonely?

- ☐ In what kind of situations have you experienced loneliness?

- ☐ Where can you meet new people? Give each other tips on different options.

- ☐ Discuss what type of circumstances in life can induce loneliness.

- ☐ How can loneliness be reduced in personal life or more generally in society?
