

# FRIENDSHIP **in a bucket**



# Pour out ...







**Friendship  
buckets  
should be  
full of ...**

**Sisterhood**

AS A BUCKET ...





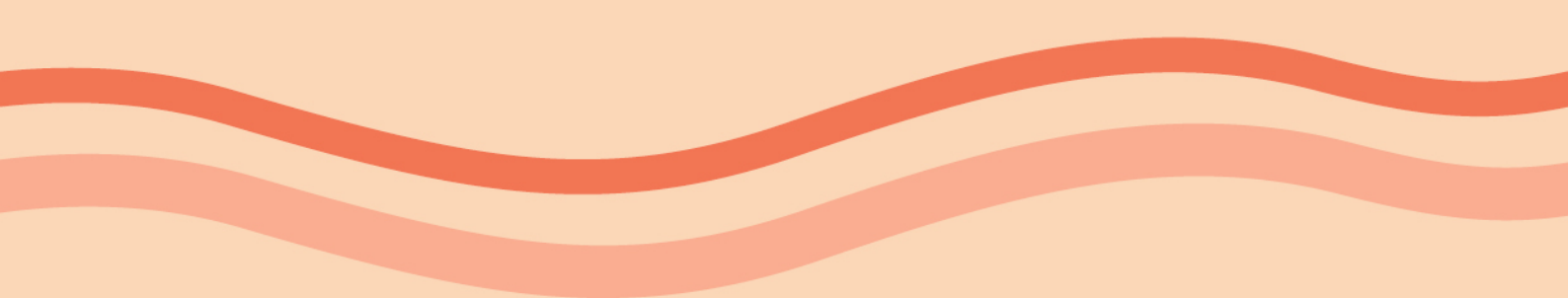


## **Sisterhood as a bucket...**

-  Encouragement
-  Celebration
-  Standing up for each other
-  Sharing opportunities

**If your  
friendship  
bucket has  
a hole ...**



- 
- 🌻 Communicate feelings honestly
  - 🌻 Constructive arguments
  - 🌻 Accept criticisms
  - 🌻 Give time to think
  - 🌻 Embrace endings







**To maintain  
your bucket ...**



- 🌻 Value each other
- 🌻 Respect boundaries
- 🌻 Spend time together
- 🌻 Share achievements and sorrows
- 🌻 Share your values & what matters to you

**Friendship  
buckets  
should  
feel like ...**





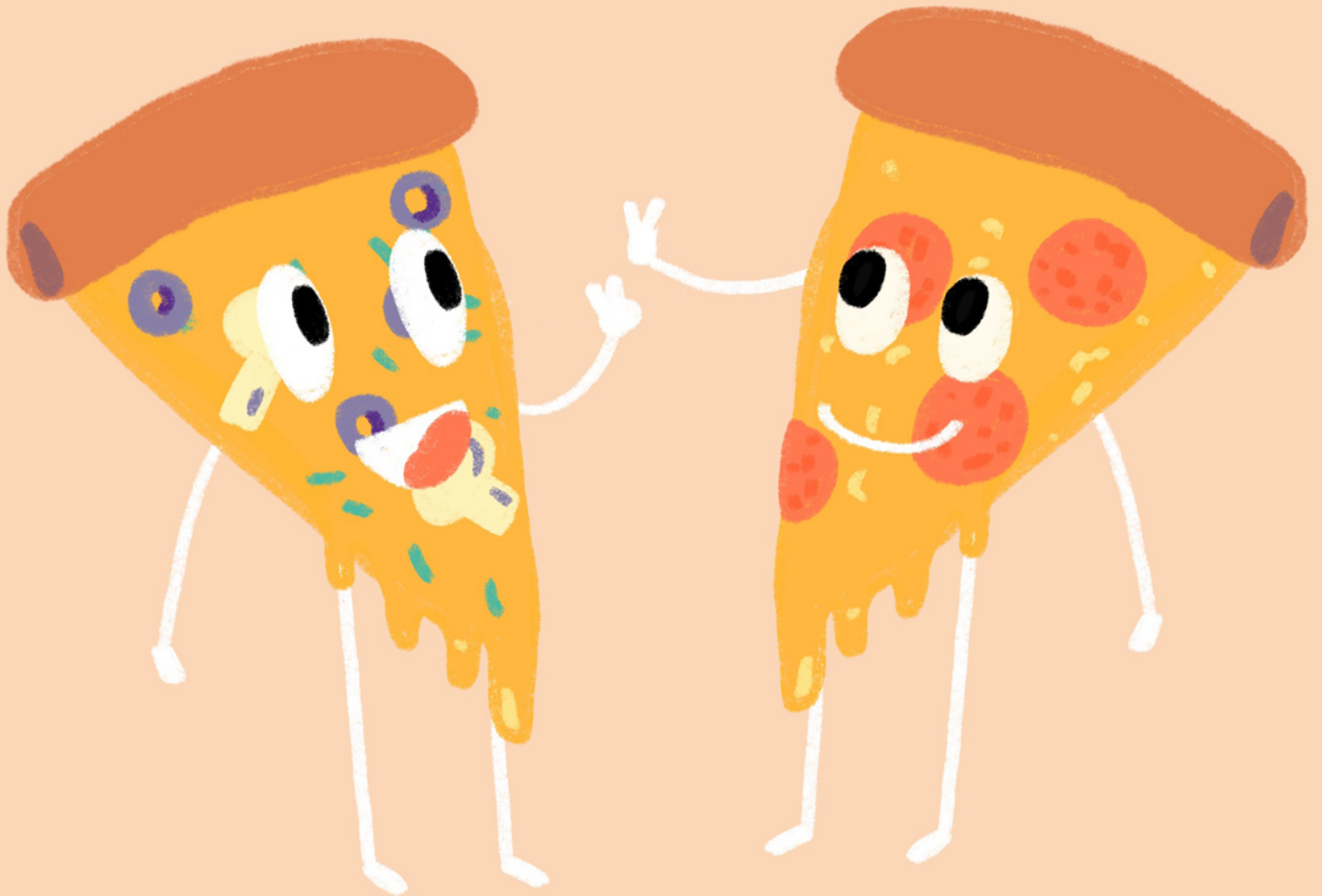
# A good Netflix show after a long day



# Lemonade on a hot sunny day



# A delicious slice of pizza





**What are the top 3 values from your own friendship bucket?**



**trust fun empathy**

**respect acceptance**

**compassion**

**love authenticity**

**non-judgmental**

**belonging kindness**

**loyalty honesty**

**forgiveness growth**

**communication**

IF YOU'RE LOOKING TO ADD TO

**your friendship  
bucket ...**







# **Ethni Conversations**

## **What is it?**

A SAFE SPACE TO TALK ABOUT  
LIFE AND MEET OTHER  
AWESOME SISTERS



# **Join Hobby Groups**

**Photography,**

**Dancing, Sports**



# Go Volunteering

think about your favourite causes and how you can get involved. You can just reach out to an organisation or group and ask how you can help out!



**Go Volunteering**



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