

Keep Moving Movement

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U GOT A FRiEND IN ME!

Session 2
July 18, 2021





Part: 1

What was missing the most in our lives during the pandemic?

1 Friends and physical interaction with friends.



2 Friends are crucial and critical in our lives.



3 A personal example of friendship that you cherish.





Part: 2

Everyone has these types of friends.



ADVENTUROUS



ADVISOR



BIG-HEARTED



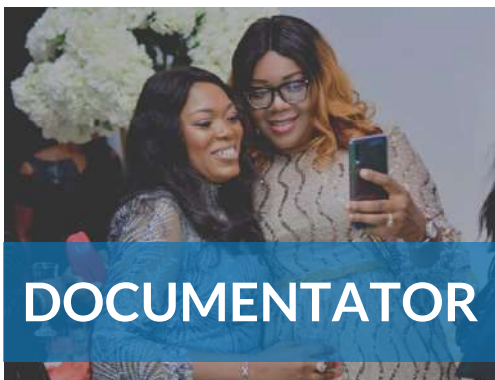
BINDASS



COMEDIAN



COOL



DOCUMENTATOR



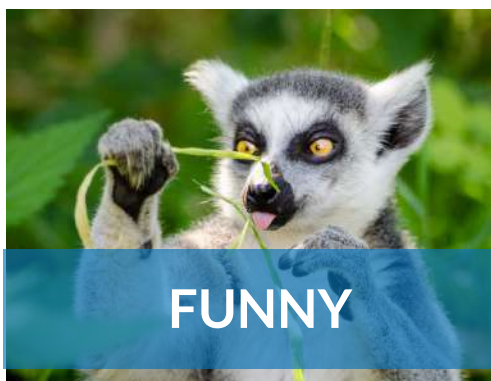
FEARLESS



FRENNEMY



FUN LOVING



FUNNY



GYAANI



**Keep Moving
Movement**

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As I explain these friends to you, write down the names of friends who come to your mind.



Let's see how many types you remember and are able to find in the crossword below...

F	X	Y	M	S	U	O	R	U	T	N	E	V	D	A
X	U	R	Y	N	F	S	Y	H	S	Z	K	S	N	Y
A	F	N	S	I	Y	D	U	T	S	A	A	T	P	F
D	U	A	N	F	N	C	B	H	O	A	A	E	F	N
V	N	I	E	Y	B	A	J	U	D	X	E	D	A	R
I	L	D	R	I	G	J	Y	N	E	L	I	R	U	O
S	O	E	I	E	B	P	I	G	S	I	A	C	D	T
O	V	M	O	N	S	B	M	R	G	D	L	N	C	N
R	I	O	U	D	O	I	N	Y	M	I	E	L	F	E
I	N	C	S	Y	R	G	N	U	H	I	B	O	R	M
F	G	I	E	N	D	S	N	A	R	P	E	Y	E	U
F	R	I	E	N	D	I	W	F	G	U	R	A	N	C
B	I	G	H	E	A	R	T	E	D	R	D	L	E	O
P	E	R	F	E	C	T	E	V	C	O	O	L	M	D
I	I	D	S	S	E	L	R	A	E	F	U	X	Y	Q



Part: 3

Of the many kinds we have, we
DEFINITELY need these 5 kinds of friends.



- Someone who inspires us



- Someone who believes in us



- Someone we can have fun with



- Someone we can open our hearts to



- Someone who is our support system (space, help)



Be these to a few of your friends.

Life is better
with friends :)





Part: 4

CHOOSE your friend wisely

Anil Gurav and Sachin Tendulkar





Part: 5

Qualities of a “Best Friend”

C

Courageous to stop you when necessary.

H

Honest and transparent in thoughts and feelings

A

Available when you need them the most.

M

Makes you believe in yourself. Makes you smile.

P

Pushes you when required.





Part: 6

Brain Tattoos

