

# Monday Motivation

The YMCA logo is displayed in blue, blocky letters on a green, triangular background that points downwards.

**Date: Monday 3 August 2020**

**Theme of the day: International Friendship Day**



International Friendship Day was at the end of last week so this weeks' Monday motivation will focus on those friendships dear to our hearts. We will be celebrating the importance of these friendships, especially during the challenging times we have been experiencing lately.

Thanks to social media, and other forms of virtual communication we are able to continue celebrating with our friends despite where they are in the world, and despite the impact of Corona virus.

Friends get you through hard times and cheer you on during your most successful moments.

What friends come to mind for you?

## **Exercise 1: Picture collage**

Create a picture collage of your best friends. Choose pictures that capture some of your most treasured memories ... If you do not have access to a phone or computer draw a beautiful picture that represents your friendship!

### **Exercise 2 Part A: Write a letter to your best friend/s**

This could be typed or handwritten. Think back on all your memories (which the collage would have helped you to do) and write a letter of gratitude and celebration.

**Part B:** You can choose to send it via

- Post
- Email
- SMS
- Or upload to social media (\*Parents' permission needed)
- Failing all of that, call them and read it out aloud

The main focus here is how much true friendships enhance our lives, and how every now and again we should reach out to them and let them know how much they mean to us.

Feel free to share your experience with us  
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### **Outcome / Mission Moments:**

- How has this exercise made you feel?
- What reaction/s did your friend/s?
- Maybe you could show gratitude to other areas of your life!