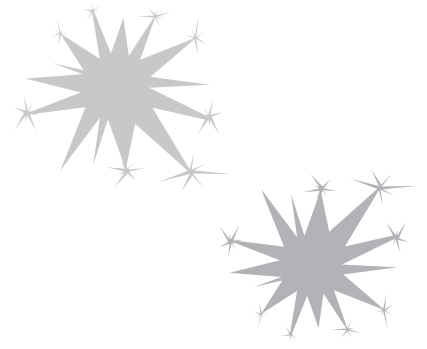


Friends Don't Let Friends Lose Their Sparks!



When people encourage us, remind us to keep trying, or remind us to keep on practicing to get better at something, they are supporting our sparks. One of the best things you can do for yourself is surround yourself with friends who support you in this way! Think about the friends you have now as you answer the following questions.

1. Which of my friends helps me with my sparks?

2. What do they do that helps?

3. Do any of my friends tease me about or make fun of my sparks? Do any of my friends tell me I'm not good enough at my sparks or try to get me to miss practice or skip school?

4. How could I help someone else with his or her spark?

5. Who will I help today with her or his sparks?

6. I wish I had more friends who: