

5 MODELS OF FRIENDSHIP GROUP EXERCISE INSTRUCTIONS FOR PRINTING

Carrying out the following instructions will create 4 identical sets of cards suitable for use in training up to 20 people. (If you expect larger groups you will need to carry out the instructions twice, creating 8 sets of cards.)

Materials: 5 sheets each of thin A4 card (or good quality paper) in white, yellow, blue and green. If you use paper instead of card and you anticipate a lot of use you may like to laminate them.

2 further A4 sheets of white paper for instructions and trainer guidelines.

Document name	Card/paper type (all A4 size)	Printing instructions
5MF trainer guidelines	White paper	1 copy double sided
5MF instructions	White paper	1 copy, cut into 4 x A6 size
5MF yellow local	Yellow card	Single sided, 4 copies of p1, 1 copy of p 2. Cut each into 4.
5MF blue international	Blue card	As above
5MF green assessment	Green card	As above
5MF picture cards	White card	As above

Sort cards into four sets each containing one set of instructions, 5 different picture cards and corresponding 5 different local, international and assessment cards.