



WORLD BEST  
FRIENDS  
DAY



Unleashed Learning  
Gateway

## Celebrating World Best Friends Day

Every year on June 8th, people all around the globe celebrate World Best Friends Day. It's a special day dedicated to honoring and appreciating the friends who make our lives better. Let's dive into how this day started, why it's important, and some fun ways to celebrate with your best friend.

### How It Started

The idea of dedicating a day to celebrate friendships has been around for a long time. Although the exact origins of World Best Friends Day are not well-documented, it is believed to have gained popularity in the early 21st century. The purpose of the day is to recognize the importance of friendships and the positive impact they have on our lives.

Friendship celebrations are not new. Many cultures have their own versions of celebrating friends. For instance, in the United States, National Friendship Day is celebrated on the first Sunday of August. Meanwhile, other countries have similar days where they honor friendships and the special bonds they share.

### Why It's Important

Friendships are incredibly important for several reasons:

1. **Emotional Support:** Friends are there for us during tough times, offering a shoulder to cry on and words of encouragement.
2. **Fun and Joy:** Friends bring laughter and fun into our lives, making even the dullest days brighter.
3. **Personal Growth:** Good friends challenge us to be better people and support us in our goals and dreams.
4. **Health Benefits:** Studies have shown that strong friendships can lead to better mental and physical health. Friends help reduce stress and increase our sense of happiness.

World Best Friends Day is a reminder to cherish these special relationships and to let our friends know how much they mean to us.

### How to Celebrate

There are many ways to celebrate World Best Friends Day. Here are some ideas:

- **Write a Letter:** Write a heartfelt letter to your best friend, expressing how much they mean to you.
- **Plan an Outing:** Spend the day doing something fun together, like going to the movies, having a picnic, or exploring a new place.
- **Make a Scrapbook:** Create a scrapbook filled with photos and memories of the fun times you've shared.

- **Do Something Kind:** Sometimes, the best way to show appreciation is through simple acts of kindness, like helping your friend with something they need or giving them a thoughtful gift.

### **Critical Thinking Question**

Think about a time when a friend made a significant positive impact on your life. What did they do, and how did it affect you? Why do you think having a fri