

Relationships and Friendships Quiz with Max and Zara

Learning objective: To understand the qualities of healthy relationships, how to manage conflicts, and the importance of empathy and respect.

Join Max the monkey and Zara the zebra as they explore what makes a great friendship. Read each question carefully and circle the best answer. Good luck!

Answer Key: 1.C, 2.True, 3.Listening, 4.B, 5.False, 6.Apology, 7.True, 8.A, 9.Empathy, 10.B

Word bank: Empathy · Respect · Communication · Compromise · Honesty · Trust

1. 1. Max and Zara are having a disagreement about a game. What is the best way to solve it? A) Stop talking to each other B) Shout until you win C) Talk calmly and listen to each other* D) Let someone else decide for you (1 mark)

2. 2. True or False: A good friend should always respect your personal space and boundaries. (1 mark)

3. 3. What is the most important thing you can do when a friend is telling you how they feel? (1 word) (1 mark)

4. 4. Which of these is a sign of a healthy relationship? A) Only doing what your friend wants B) Being honest and kind to each other* C) Telling secrets that aren't yours D) Ignoring your friend's feelings (1 mark)

5. 5. True or False: It is okay to be mean to someone if your friend tells you to. (1 mark)

6. 6. If you accidentally hurt a friend's feelings, what is the best thing to do? (1 word) (1 mark)

7. 7. True or False: Empathy means trying to understand how someone else is feeling. (1 mark)

8. 8. You see a classmate sitting alone at lunchtime. What should you do? A) Go over and ask if they are okay* B) Ignore them C) Only talk to your best friend D) Laugh at them (1 mark)

9. 9. What do we call the act of 'giving a little' to help reach an agreement? (1 word) (1 mark)

10. 10. If someone is being unkind to you, who should you tell? A) Keep it a secret B) A trusted adult like a teacher or parent* C) Nobody D) A stranger (1 mark)

Draw: Draw a picture of Max the monkey and Zara the zebra working together on a project. Show them being kind and helpful to one another.



Extension challenge: Write a short 'Friendship Recipe'. List three important ingredients (qualities) that you think make the best friendships and explain why they are important.