

Building Kind Relationships

Learning objective: To understand the qualities of healthy relationships and how to communicate effectively with others.

Read the front of the flashcard to test your knowledge about relationships. Flip to the back (the answer) to check if you are right. Use these to practice with a partner!

What does 'Respect' mean in a friendship?

Valuing another person's opinions, feelings, and belongings, even if they are different from your own.

What is 'Empathy'?

The ability to understand and share the feelings of another person by imagining how they might feel.

Why is 'Trust' important in a relationship?

It creates a safe feeling where you know you can rely on each other and keep each other's secrets safe.

What is a 'Boundary'?

A personal limit that tells people how you would like to be treated or what makes you feel comfortable.

What does it mean to 'Compromise'?

When two people disagree, they both give up a little bit of what they want to find a solution that works for everyone.

How can you show 'Support' to a friend?

By listening when they are sad, celebrating their achievements, and helping them when they are finding things difficult.

What is 'Constructive Communication'?

Talking clearly and calmly about how you feel without blaming others, and listening carefully when they speak.

Why is 'Honesty' vital for a good relationship?

It builds trust because people know they can rely on the truth of what you are saying.

What is 'Conflict'?

A disagreement or argument between people; it is a normal part of life that can be solved through talking.

How does Max the monkey show kindness to his friends?

By sharing his bananas and helping his friends solve maths puzzles when they feel stuck.

What should you do if someone is unkind to you?

Tell them clearly that you do not like it, ask them to stop, and if it continues, tell a trusted adult.

What is a 'Positive Relationship'?

A friendship or connection where both people feel happy, safe, valued, and respected.