

My Relationships: A Friendship Fact-File

Learning objective: To identify the qualities of healthy relationships and understand how to be a supportive friend.

Think about the people in your life who make you feel happy, safe, and valued. Choose one person who is a good friend to you and fill in this fact-file. Remember to think about the positive qualities you share and how you show kindness to one another.

Word bank: trust · kindness · respect · honesty · support · listening · sharing · loyalty · laughter · forgiveness

1. The Qualities of My Friend: Describe three positive personality traits your friend has and why these qualities make them a great person to be around. (2 marks)

2. Shared Interests: What are the activities, hobbies, or games that you and your friend enjoy doing together? (2 marks)

3. Showing Kindness: How do you show your friend that you value them? Give an example of something kind you have done or said recently. (2 marks)

4. Supporting Each Other: What can you do to help or support your friend if they are feeling sad, worried, or if they are having a difficult day? (2 marks)

**5. Building Trust: Why is it important to be honest and keep promises in a friendship?
Explain your thoughts on why trust is the foundation of a good relationship. (2 marks)**

Extension challenge: On the back of this sheet, write a short 'Friendship Recipe'. List the ingredients (qualities) needed to make the perfect friendship and add a 'method' explaining how to put those ingredients into practice every day.