

Building Kind Relationships

Learning objective: To identify the qualities of healthy, positive relationships and understand how to show respect and kindness to others.

Use the prompts below to help you write a short reflection about your own friendships. Think about how you act towards your friends and what makes your relationships special. Use the word bank to help you link your ideas together.

A positive relationship is like a garden; it needs care, patience, and kindness to grow strong.

Word bank: furthermore · on the other hand · in addition · because · consequently · respectful · trustworthy · supportive · cooperation · mutual

1. Qualities of a friend: What are three important qualities that make someone a good friend? Start by saying: 'I believe that the most important qualities in a friend are...' (2 marks)

2. Showing kindness: How do you show your friends that you care about them in the classroom or during playtime? Start by saying: 'When I am playing with my friends, I show kindness by...' (2 marks)

3. Solving problems: What should you do if you and a friend have a disagreement? Start by saying: 'If a disagreement happens, the best way to solve it is to...' (2 marks)

4. The value of listening: Why is it important to listen to your friends' ideas even if they are different from your own? Start by saying: 'Listening is important because...' (2 marks)

5. Reflecting on yourself: What is one thing you would like to do more of to be a better friend this term? Start by saying: 'To be a better friend, I am going to try to...' (2 marks)

Extension challenge: Write a short 'Friendship Recipe'. List the ingredients (e.g., three cups of laughter, a spoonful of honesty) needed to make the perfect friendship.