

Building Kind Connections

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

Read each question carefully and use your own experiences and the words provided to help you write your answers.

Relationships are the connections we have with the people around us, including our friends, family, and classmates. Like a garden, relationships need care, time, and attention to grow strong and healthy. Whether we are playing in the playground or working in a group, how we treat others helps build a happy community.

Word bank: Respect · Empathy · Trust · Communication · Cooperation · Boundaries · Kindness

1. Max the monkey is working on a group math project. Give two examples of how Max can show 'cooperation' when working with his classmates. (2 marks)

2. What does the word 'boundaries' mean in a friendship? Why is it important to listen when a friend says 'no' or 'stop'? (2 marks)

3. If a friend is feeling sad because they lost their favorite pencil, how can you show 'empathy'? Describe what you might say or do. (2 marks)

4. Trust is a key part of any relationship. Name one action you can take to show someone that they can trust you. (1 mark)

5. Zara is planning an art project. Why is it important to use respectful communication, even if you disagree with a friend's idea? (2 marks)

Draw: Draw a 'Friendship Tree'. On the leaves, write or draw the qualities that make a relationship strong, such as honesty, sharing, or listening.



Extension challenge: Write a short 'Relationship Recipe' for a perfect friendship. List three 'ingredients' (qualities) and explain why each one is necessary for a healthy friendship to grow.