

The Pillars of True Friendship

Be a Buddy, Not Just a Peer: Build Bridges of Kindness!

- Why is active listening considered the foundation of a strong friendship?
- How does showing empathy help us resolve disagreements fairly?
- What is the difference between being a fair-weather friend and a reliable friend?
- How can being inclusive make our classroom a more positive environment for everyone?
- Why is it important to respect personal boundaries and individual differences within a friendship group?

Did you know? Did you know? Research shows that having strong, supportive friendships can actually help our brains release 'feel-good' chemicals like oxytocin, which helps us feel calmer and happier when we face challenges at school!

Key vocabulary: Empathy · Trustworthiness · Cooperation · Integrity · Inclusivity · Respect