

The Friendship Foundations Quiz

Learning objective: To understand the qualities of a healthy friendship and recognise how to be a supportive, kind peer.

Read the questions carefully and choose the best answer. Think about how Leo the Lion and his friends would act in these situations!

Answer Key: 1.C, 2.True, 3.Honesty, 4.B, 5.False, 6.A, 7.True, 8.Respect, 9.C, 10.True. Friendship is built on mutual respect and care. If a friend makes you feel uncomfortable, it is important to communicate your boundaries clearly and kindly.

Word bank: Trust · Empathy · Respect · Honesty · Supportive · Boundaries

1. 1. Which of these is the most important quality for a lasting friendship? A) Being the funniest person B) Having the most toys C) Trust and kindness* D) Being the fastest runner (1 mark)

2. 2. True or False: A good friend will always respect your personal space and boundaries. (1 mark)

3. 3. What do we call it when you tell the truth to your friend even when it is difficult? (1 mark)

4. 4. If a friend is sad, what is the best way to show empathy? A) Ignore them B) Listen to them and offer comfort* C) Tell them to stop crying D) Talk only about yourself (1 mark)

5. 5. True or False: You have to like exactly the same things as your friend to be a good pair. (1 mark)

6. 6. What should you do if a friend asks you to do something that makes you feel unhappy or unsafe? A) Say 'no' and tell a trusted adult* B) Do it anyway to be nice C) Pretend you didn't hear them D) Only say 'no' if you are busy (1 mark)

7. 7. True or False: Being a good friend means celebrating their successes, not just your own. (1 mark)

8. 8. What word describes treating a friend's belongings and opinions with care? (1 mark)

9. 9. If you have a disagreement with a friend, what is the best approach? A) Stop speaking to them forever B) Shout until you win C) Talk calmly and listen to their side* D) Ask someone else to pick a winner (1 mark)

10. 10. True or False: Friendship is a two-way street where both people should feel valued. (1 mark)

Draw: Draw a picture of Leo the Lion and his friends working together on a project. Show them helping each other and smiling.



Extension challenge: Write a short poem or a 'Friendship Recipe' listing four ingredients (like kindness, listening, etc.) that make a friendship truly special.