

PSHE Assessment: Building Healthy Relationships

Learning objective: To understand the qualities of positive relationships, how to resolve conflicts, and the importance of empathy and respect within friendships.

Read each question carefully. Use the word bank to help with your explanations. Ensure your answers reflect how we can be kind, supportive, and respectful members of our community.

Max the monkey and Zara the zebra are best friends. They often play in the forest, but sometimes they disagree on which game to play. Max wants to count trees to solve maths puzzles, while Zara wants to paint patterns on leaves. Last week, they had a disagreement, but they sat down, talked about their feelings, and decided to play a game where they created a pattern using a specific number of leaves. By using compromise, they both felt happy and valued.

Word bank: Empathy · Conflict · Resolution · Respect · Trust · Compromise · Boundaries · Communication · Supportive · Cooperation

1. Based on the passage, identify two qualities that helped Max and Zara maintain their friendship during their disagreement. (2 marks)

2. Define the term 'empathy' and explain why it is essential when someone in your class is feeling sad or upset. (3 marks)

3. Explain why having clear 'boundaries' is important in a healthy friendship. Provide one example of a personal boundary. (3 marks)

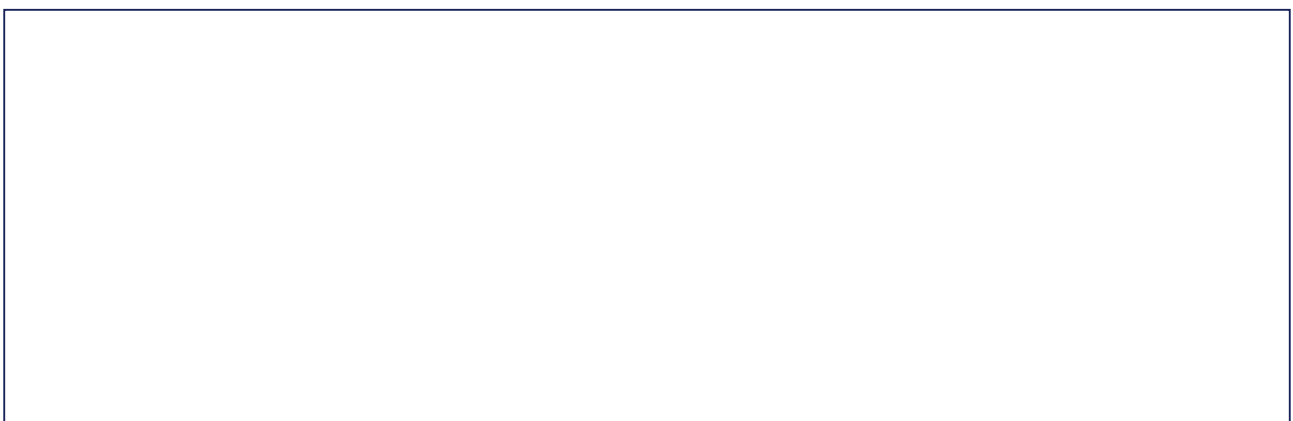
4. Compare and contrast 'cooperation' and 'compromise'. How do these two actions differ when working in a group? (4 marks)

5. If a friend tells you a secret but asks you not to share it, explain why keeping that trust is vital for the relationship. What might happen if that trust is broken? (4 marks)

6. Extended Writing: Imagine a situation where two friends are arguing over a shared item, such as a book or a piece of equipment costing £5. Write a short script or paragraph explaining how they could use 'conflict resolution' to solve the problem fairly without hurting each other's feelings. (5 marks)

7. Justify your answer: Is it always possible to reach a compromise in a disagreement? Explain your reasoning. (4 marks)

Draw: Draw a scene featuring Pip the caterpillar and Ellie the elephant working together on a project. Include speech bubbles showing them using respectful, kind language to communicate their ideas.



Extension challenge: Reflect on a time you had a misunderstanding with a peer. If you could go back, how would you change your approach using the strategies of communication and empathy discussed today?
Total: /25