

My Relationships: Building Bridges of Kindness

Learning objective: To identify the qualities of healthy, positive relationships and reflect on how we contribute to a supportive community.

Use this template to explore the relationships you have with friends, family, and classmates. Think about what makes a friendship strong and how you show care for others. Write your reflections in the boxes provided.

Word bank: empathy · respect · cooperation · trust · honesty · supportive · active listening · compromise

1. The Qualities of a Good Friend: Identify three key characteristics that make a friendship healthy and explain why each one is important for building trust. (3 marks)

2. Resolving Disagreements: Describe a situation where a disagreement might occur. Justify how using 'active listening' could help both people understand each other's point of view. (3 marks)

3. Acts of Kindness: Max the monkey believes that small actions build strong relationships. List three ways you can demonstrate kindness to someone who is feeling left out. Compare and contrast your ideas. (3 marks)

4. Boundaries and Respect: Explain why it is essential to respect someone's personal space and their right to say 'no' in a game or conversation. (2 marks)

5. Self-Reflection: Evaluate your own role in your peer group. What is one personal strength you bring to your relationships, and how does it help your friends? (2 marks)

6. Future Scenarios: What might happen to a relationship if one person stops being honest? Justify your prediction using examples of how trust is maintained. (3 marks)

Extension challenge: Imagine you are writing a 'Guide to Great Friendships' for new pupils joining your school. Write a short persuasive paragraph justifying why empathy is the most important skill to learn in Year 4.