

Building Strong Connections: The Relationship Garden

Learning objective: To identify the qualities that build healthy, positive relationships and understand how to navigate social challenges with empathy.

Max the monkey is planting a garden of friendships! Look at the list of behaviours below. Sort them into two categories: 'Healthy Habits' (actions that help friendships grow) and 'Weeds' (actions that can cause unhappiness or conflict). Write each term in the correct column of the table provided.

Word bank: Active listening · Interrupting · Honesty · Sharing secrets · Empathy · Teasing · Compromise · Excluding others · Being supportive · Apologising

1. Choose one 'Healthy Habit' from your list. Explain in your own words why this quality makes a friendship stronger. (2 marks)

2. If a friend is being unkind or acting like a 'weed', what is one positive way you could talk to them to resolve the issue? (2 marks)

3. Why is 'compromise' important when two friends want to play different games at lunch time? (2 marks)

4. Max wants to buy small gifts for his friends to show he cares. If he has £10.00 and buys three friendship bracelets at £2.50 each, how much change will he have? (2 marks)

5. Give one example of how you can show 'empathy' to a classmate who is feeling sad or left out. (2 marks)

Draw: Draw a 'Friendship Tree'. On the roots, draw or write the qualities that hold a friendship together (like trust or kindness). On the branches, draw the fruits of a good friendship, such as shared laughter or support.



Extension challenge: Write a short poem or a 'Recipe for a Perfect Friendship'. List three key ingredients and explain how to mix them together to create a lasting bond.