

Building Stronger Bonds: A Relationships Quiz with Max and Ellie

Learning objective: To understand the characteristics of healthy relationships, including trust, respect, and effective communication, in line with Year 5 PSHE requirements.

Max the monkey is ready to solve these relationship puzzles, and Ellie the elephant is using her brilliant memory to help you. Read each question carefully and circle the best answer. Good luck!

Answer Key: 1.C, 2.True, 3.Listening, 4.A, 5.True, 6.False, 7.B, 8.True, 9.Empathy, 10.D. Remember: Every relationship is unique, but they all thrive on kindness and clear communication!

Word bank: Respect · Trust · Communication · Empathy · Boundaries · Conflict · Support

1. 1. What is the most important foundation for a healthy friendship? A) Sharing expensive toys B) Always agreeing C) Trust and honesty* D) Being the loudest person (1 mark)

2. 2. True or False: It is okay to say 'no' if a friend asks you to do something that makes you feel uncomfortable. (1 mark)

3. 3. What one-word skill involves hearing and understanding what a friend is saying without interrupting? (1 mark)

4. 4. If a disagreement happens, what is the best way to resolve it? A) Talking calmly to find a solution* B) Ignoring the person C) Shouting to be heard D) Getting someone else to pick a side (1 mark)

5. 5. True or False: A good friend celebrates your successes even if they didn't achieve the same thing. (1 mark)

6. 6. True or False: In a healthy relationship, you are not allowed to have other friends. (1 mark)

7. 7. What is 'Empathy'? A) Being very funny B) Understanding and sharing the feelings of others* C) Being a fast runner D) Always winning games (1 mark)

8. 8. True or False: Respect means treating others the way you would like to be treated. (1 mark)

9. 9. Fill in the blank: Setting personal _____ helps keep you safe and makes your friendships more comfortable. (1 mark)

10. 10. Which of these is a sign of a positive relationship? A) Making someone feel small B) Keeping secrets about someone C) Pressure to change D) Feeling safe to be yourself* (1 mark)

Draw: Draw a scene featuring Max the monkey and Ellie the elephant sitting in a park having a calm, happy conversation. Include speech bubbles showing them using kind words.



Extension challenge: Write a short 'Friendship Recipe'. List three ingredients (qualities) you think are essential for a perfect friendship and explain why each one is important.