

# Building Strong Friendships with Max and Ellie

*Learning objective: To understand the characteristics of healthy, positive relationships and how to show respect and kindness to others.*

Read each question carefully and use your own knowledge of friendship to provide thoughtful answers. Think about how Max the monkey and Ellie the elephant would behave towards their friends.

*Word bank: empathy · respect · honesty · trust · support · boundaries · kindness · communication*

**1. Max thinks a good friendship is like a balanced equation. List two essential qualities that make a friendship healthy and explain why each one is important. (4 marks)**

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**2. Ellie has an incredible memory and remembers when her friend is feeling sad. Describe what 'empathy' means in a friendship and give one example of how you can show it to a classmate. (3 marks)**

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**3. Sometimes friends disagree. Explain why it is important to respect someone's 'boundaries' if they tell you they need some space to play alone. (2 marks)**

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**4. Imagine a friend asks you to do something that makes you feel uncomfortable. Based on the rules of positive relationships, what is the best way to handle this situation? (3 marks)**

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**5. If a friend is feeling left out during a game at breaktime, what could you say or do to include them, using the principle of kindness? (2 marks)**

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**Draw:** Draw a 'Friendship Map' showing Max, Ellie, and their friends participating in a group activity. Include speech bubbles showing kind words or supportive things they might say to each other.



*Extension challenge: Write a short poem or a 'Friendship Recipe' card listing the ingredients needed to create a perfect friendship, such as 'two cups of trust' or 'a spoonful of listening'.*