

Class 4 PSHE: The Foundations of Friendship

Learning objective: To understand the qualities of healthy friendships, how to resolve conflicts, and the importance of empathy.

Read each question carefully. Use your best handwriting and provide detailed explanations where required. You have 45 minutes to complete this assessment.

Leo the Lion and Zara the Zebra are best friends, but they are very different. Leo loves to lead group adventures, while Zara prefers to find patterns in nature. Sometimes, they disagree on how to spend their afternoon. Leo wants to climb the highest hill, but Zara wants to sit quietly by the river to sketch the patterns of the ripples. They have to decide how to stay friends while respecting what the other person needs.

Word bank: Empathy · Compromise · Supportive · Boundaries · Respect · Honesty · Conflict · Communication

1. Identify two key qualities that make a friendship 'healthy' and positive. Explain why these are important. (2 marks)

2. Using the example of Leo and Zara, define the word 'compromise'. How could they use compromise to solve their disagreement about their afternoon plans? (3 marks)

3. What does it mean to set a 'boundary' in a friendship? Give one example of a healthy boundary you might set with a friend. (2 marks)

4. Imagine a friend is feeling sad because they lost a favourite book. How would you show empathy towards them? Describe both your words and your actions. (3 marks)

5. Explain why it is important to be honest with your friends, even when it might be difficult to tell the truth. (2 marks)

6. Compare and contrast a 'fair-weather friend' with a 'loyal friend'. Why is it more beneficial to have loyal friends? (3 marks)

7. Extended Response: If a friendship starts to feel unkind or uncomfortable, what steps should you take? Justify your choices and explain who you might ask for help if the situation does not improve. (5 marks)

Draw: Draw a 'Friendship Tree'. On the roots, write the qualities that hold a friendship together. On the leaves, draw or write activities that friends can enjoy doing together.



Extension challenge: Imagine a scenario where a new student joins your class and feels lonely. Write a short plan (100 words) describing how you would welcome them and include them in your group. What might happen if you didn't reach out, and how does your action change that outcome? Total: /25