

The Friendship Architect: Building Stronger Bonds

Learning objective: To understand the characteristics of healthy friendships and evaluate how we can contribute positively to our relationships with others.

Use this template to reflect on your friendships. Think about how you treat your friends and what qualities make a bond last. Refer to the word bank for inspiration, but try to use your own descriptions to explain why these traits are essential for a happy connection.

Word bank: empathy · mutual · trustworthy · compassion · integrity · reliability · perspective · supportive · reciprocity · honesty

1. The Pillars of Friendship: Choose two qualities you believe are essential for a healthy friendship and explain why they are vital for maintaining a strong bond. (3 marks)

2. Conflict Resolution: Describe a hypothetical situation where two friends disagree. How can they use active listening to reach a compromise that respects both people's feelings? (4 marks)

3. Acts of Kindness: Detail a specific, thoughtful action you could take to support a friend who is feeling down or overwhelmed. Justify why this action is helpful. (3 marks)

4. Self-Reflection: Evaluate your own role in your friendships. What is one positive habit you bring to your relationships, and one area where you could be a better friend? (3 marks)

5. Comparing Friendships: Compare and contrast a 'fair-weather' friend with a 'loyal' friend. What might happen to the friendship if things become difficult? (4 marks)

6. Inclusive Communities: Explain why it is important to include others in our friendship groups. How does broadening our social circle benefit everyone involved? (3 marks)

Extension challenge: Imagine you are writing a guide for younger pupils titled 'How to be a Brilliant Friend'. Create a list of five 'Golden Rules' for friendships and write a short paragraph justifying why these rules would make the school playground a happier place for everyone.