

# My Friendship Fact-File: Building Kind Connections

*Learning objective: To identify the qualities of healthy friendships and reflect on how to be a supportive friend in accordance with Class 5 PSHE requirements.*

Think about what makes a friendship strong and positive. Use this fact-file to explore the qualities you value in others and the ways you contribute to your own friendships. Refer to the word bank if you need inspiration for describing character traits.

*Word bank: Trustworthy · Loyal · Empathetic · Respectful · Honest · Supportive · Kind · Patient · Inclusive · Reliable*

**1. The Qualities of a Good Friend: List three important traits that help a friendship grow and explain why each one is important. (3 marks)**

---

---

---

---

**2. Active Listening: Describe a time when you really listened to a friend. How did your listening help them feel understood? (2 marks)**

---

---

---

**3. Resolving Disagreements: If you and a friend have a difference of opinion, what are two calm ways you can work together to solve the problem? (2 marks)**

---

---

---

**4. Inclusive Actions: How can you make sure that you are being an inclusive friend who welcomes others into your group? (2 marks)**

---

---

---

**5. My Friendship Goal: Write one target for yourself to be a better friend this term (e.g., 'I will be more patient when my friends are learning something new'). (1 mark)**

---

---

*Extension challenge: Leo the Lion is writing a poem about the strength found in a pride. Write a short 'friendship poem' or a set of 'Friendship Rules' that you and your classmates could follow to ensure everyone feels safe and valued.*