

# The Ingredients of a Great Friendship

*Learning objective: To identify and explain the characteristics of a positive, healthy friendship.*

Use this writing frame to help you write a thoughtful reflection about what makes a good friend. Use the word bank to help your sentences flow and ensure you provide examples to support your ideas.

A true friendship is like a garden that needs to be nurtured with kindness, patience, and honesty to help it grow strong.

*Word bank: loyal · trustworthy · empathetic · supportive · furthermore · in addition to · on the other hand · consequently · valuable · mutual respect*

**1. Introduction: What does the word 'friendship' mean to you? Start by saying: A friendship is a special bond between people because... (2 marks)**

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**2. Core Qualities: Which two qualities do you think are the most important in a friend and why? Start by saying: In my opinion, the most essential qualities for a friend to have are... (3 marks)**

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**3. Conflict Resolution: Friends sometimes disagree. How should a good friend handle a misunderstanding? Start by saying: When friends have a disagreement, the best way to resolve it is to... (3 marks)**

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**4. Support and Empathy: How can you show your friends that you care about their feelings? Start by saying: To be a supportive friend, I try to show empathy by... (3 marks)**

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**5. Conclusion: Summarise why having friends makes life more enjoyable. Start by saying: Ultimately, friendship is a vital part of our lives because... (2 marks)**

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*Extension challenge: Imagine Nova the owl and Max the monkey are having a disagreement about which game to play. Write a short dialogue showing how they could use the qualities you described above to solve their problem kindly.*