

Building Kind Connections: A PSHE Quiz with Max the Monkey

Learning objective: To understand the importance of healthy relationships, respect, and effective communication skills.

Read each question carefully. Max the Monkey is ready to help you solve these social puzzles! Write your answers clearly in the space provided.

Answer Key: 1) C*, 2) True, 3) Communication, 4) A*, 5) False, 6) Empathy, 7) B*, 8) True, 9) Boundaries, 10) C*. Explanation for extension: Healthy relationships rely on mutual respect, active listening, and being able to resolve disagreements calmly without hurting others' feelings.

Word bank: Empathy · Respect · Honesty · Compromise · Communication · Boundaries · Support · Kindness

1. 1. If a friend tells you they are sad, what is the most supportive thing to do? A) Ignore them B) Tell them to stop being silly C) Listen carefully and ask how you can help* D) Change the topic (1 mark)

2. 2. True or False: Being a good friend means always agreeing with everything your friend says, even if you disagree. (True/False) (1 mark)

3. 3. What is the word for sharing your thoughts and feelings clearly and listening to others in return? (1 mark)

4. 4. What should you do if you and a friend both want to play with the same toy? A) Compromise by taking turns* B) Grab the toy C) Stop being friends D) Wait for an adult to choose for you (1 mark)

5. 5. True or False: It is okay to keep secrets that make you feel worried or unsafe. (True/False) (1 mark)

6. 6. What is the term for 'putting yourself in someone else's shoes' to understand how they feel? (1 mark)

7. 7. How can you show respect to someone you are working with? A) Talk over them B) Listen when they speak* C) Do all the work yourself D) Criticise their ideas (1 mark)

8. 8. True or False: A healthy relationship includes being honest and kind to one another. (True/False) (1 mark)

9. 9. What do we call the 'invisible lines' that tell others how we want to be treated, such as asking before hugging someone? (1 mark)

10. 10. If someone is being unkind to others, what is the brave thing to do? A) Join in B) Laugh C) Tell a trusted adult* D) Walk away and say nothing (1 mark)

Draw: Draw a 'Friendship Map' showing Max the Monkey and his friends sharing a picnic. Include speech bubbles showing them using kind words like 'please', 'thank you', and 'how are you feeling?'.



Extension challenge: 1) Explain why listening is just as important as talking in a friendship. 2) Compare and contrast a healthy relationship with one that lacks trust. 3) Justify why it is important to have boundaries with your peers. 4) What might happen if nobody in a group ever practiced compromise? 5) How can you support a friend who is new to your school? 6) Create a short poem about the value of being a loyal and honest friend.