

Building Kind Connections: My Guide to Healthy Relationships

Learning objective: To understand the characteristics of positive, healthy relationships and how to show respect and empathy towards others.

Use this writing frame to explore what makes a relationship special. Think about your interactions with friends, family, and peers. Use the word bank to help you develop your ideas and justify your opinions.

A healthy relationship is like a beautiful garden that needs care, patience, and kindness to flourish.

Word bank: furthermore · consequently · mutual respect · empathy · on the other hand · in addition · active listening · trustworthiness · supportive · significantly

1. The Pillars of Friendship: What are the three most important qualities of a good friend, and why is each one essential for a lasting connection? (3 marks)

2. Resolving Disagreements: Explain why it is important to use 'I' statements when you are feeling upset with a friend, and how this helps to maintain the relationship. (3 marks)

3. Comparing Experiences: Compare and contrast a relationship with a family member to a relationship with a classmate. In what ways are they similar or different? (4 marks)

4. Demonstrating Empathy: Justify why showing empathy is a vital skill when someone else is having a difficult day. (3 marks)

5. The Impact of Kindness: What might happen to a school community if everyone decided to act with intentional kindness every single day? (4 marks)

6. Reflective Thinking: How can you demonstrate that you are a reliable and trustworthy person in your own relationships? (3 marks)

Extension challenge: Design a 'Relationship Recipe' poster. List the 'ingredients' needed for a perfect friendship and write a set of 'instructions' for how to keep a relationship healthy when things get challenging. Use sophisticated vocabulary to describe the process.