

Building Strong Friendships with Max and Ellie

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

Read each question carefully and use your own knowledge of friendship to provide thoughtful answers. Think about how Max the monkey and Ellie the elephant would behave towards their friends.

Word bank: empathy · respect · honesty · trust · support · boundaries · kindness · communication

1. Max thinks a good friendship is like a balanced equation. List two essential qualities that make a friendship healthy and explain why each one is important. (4 marks)

2. Ellie has an incredible memory and remembers when her friend is feeling sad. Describe what 'empathy' means in a friendship and give one example of how you can show it to a classmate. (3 marks)

3. Sometimes friends disagree. Explain why it is important to respect someone's 'boundaries' if they tell you they need some space to play alone. (2 marks)

4. Imagine a friend asks you to do something that makes you feel uncomfortable. Based on the rules of positive relationships, what is the best way to handle this situation? (3 marks)

5. If a friend is feeling left out during a game at breaktime, what could you say or do to include them, using the principle of kindness? (2 marks)

Draw: Draw a 'Friendship Map' showing Max, Ellie, and their friends participating in a group activity. Include speech bubbles showing kind words or supportive things they might say to each other.



Extension challenge: Write a short poem or a 'Friendship Recipe' card listing the ingredients needed to create a perfect friendship, such as 'two cups of trust' or 'a spoonful of listening'.