

Building Positive Relationships: A Personal Reflection

Learning objective: To identify the qualities of healthy relationships and understand how to maintain positive connections with friends and family.

Use the following prompts to structure your reflection on what makes a relationship healthy and supportive. Think about your interactions with friends, family, and peers as you complete each section.

A positive relationship is like a garden; it requires patience, care, and attention to help it grow strong and healthy.

Word bank: furthermore · on the other hand · mutual respect · empathy · trustworthy · active listening · in addition · constructive · collaboration · consequently · in contrast · reliability

1. Defining Qualities: What are the three most important qualities of a healthy friendship? Start your paragraph by saying: 'In my opinion, the most essential qualities for a strong relationship are...' (2 marks)

2. The Role of Empathy: How do you show empathy when a friend is feeling sad or upset? Start your paragraph by saying: 'I demonstrate empathy towards others by...' (2 marks)

3. Resolving Conflicts: Max the monkey often says that problems are just puzzles waiting to be solved. How do you resolve a disagreement with a friend? Start by saying: 'When a disagreement arises, the best way to handle it is to...' (2 marks)

4. The Value of Trust: Why is trust the foundation of any good relationship? Start your paragraph by saying: 'Trust is vital because it allows people to...' (2 marks)

5. Future Goals: How can you be a better friend to others this term? Start by saying: 'Moving forward, I intend to improve my relationships by...' (2 marks)

Extension challenge: Write a short 'Relationship Charter' for your classroom, listing five rules that everyone should follow to ensure that your classroom remains a kind and supportive environment for all pupils.