

Class 4 PSHE: Building Kind Relationships

Learning objective: To understand how to build and maintain healthy, positive relationships with friends and family.

Read the front of the card. Think about how you would answer. Then, look at the back of the card to see the definition. Use the word bank if you need help.

What is 'Empathy'?

Empathy is trying to understand how someone else is feeling.

Why is 'Trust' important?

Trust means you can rely on your friends to be honest and keep their promises.

What does 'Respect' look like?

Respect is treating others the way you want to be treated, even if they are different.

How do you show 'Active Listening'?

Look at the person speaking and think about what they are saying instead of interrupting.

What should you do if you hurt a friend's feelings?

Give a sincere apology and try to fix the mistake.

What is 'Cooperation'?

Working together as a team to reach a goal.

Name one way to show 'Kindness' today.

Helping someone, sharing, or saying something nice.

What is a 'Healthy Friendship'?

A relationship where both people feel safe, happy, and valued.

Why is 'Honesty' important in relationships?

It helps people believe you and builds a strong bond.

How can you solve a disagreement?

Stay calm, talk about the problem, and listen to the other person's side.