

Year 5 PSHE: The Foundations of Friendship

Learning objective: To understand the qualities of healthy friendships, the importance of empathy, and how to navigate social challenges with kindness and integrity.

Read the front of each card to challenge your understanding of friendship. Flip the card mentally (or check the answer provided) to see if your definition aligns with the values of mutual respect, trust, and empathy. Use these for independent revision or paired discussion.

Empathy

The ability to understand and share the feelings of another person by imagining yourself in their situation.

What is 'Mutual Respect' in a friendship?

A relationship where both people value each other's opinions, feelings, and personal space equally.

Trust

The firm belief in the reliability, truth, or ability of a friend, knowing they will keep your secrets and act with your best interests at heart.

Why are 'Boundaries' important in healthy friendships?

Boundaries define what makes us feel comfortable and safe; setting them ensures both friends feel respected and secure.

Conflict Resolution

The process of settling a disagreement or argument through calm communication, listening, and finding a compromise.

Peer Pressure

The feeling that you must behave in a certain way or hold a specific opinion to be accepted by your social group.

Integrity

The quality of being honest and having strong moral principles, even when a friend is not watching or when it is difficult to do so.

Inclusivity

The practice of ensuring that no one is left out or made to feel unwelcome based on their differences or identity.

What is 'Active Listening' and how does it help a friendship?

Giving someone your full attention, acknowledging their words, and responding thoughtfully, which helps friends feel truly heard and valued.

Constructive Feedback

Offering helpful and kind suggestions to a friend to help them improve, rather than criticising them to make them feel small.