

The Harmony Friendship Challenge: Building Stronger Bonds

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

Welcome! Our friend Leo the Lion has put together this quiz to help you reflect on what makes a great friend. Read each question carefully and circle the best answer. Remember, there are no 'right' answers for feelings, but some choices help us build stronger connections!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.True, 6.Communication, 7.A, 8.B, 9.False, 10.Empathy.

Explanation: A healthy friendship relies on mutual respect and the ability to talk through disagreements calmly. Setting boundaries is a sign of a strong, healthy relationship where both people feel safe.

Word bank: Empathy · Respect · Boundaries · Trust · Compromise · Communication · Kindness · Conflict

1. **1. What is the most important foundation for a long-lasting friendship? A) Having the same favourite colour B) Giving expensive presents C) Mutual trust and respect* D) Always doing the same things (1 mark)**

2. **2. True or False: It is healthy to occasionally disagree with a friend as long as you do it kindly. (1 mark)**

3. **3. True or False: Being a 'good friend' means you must always agree with everything your friend says or does. (1 mark)**

4. **4. If a friend tells you something in confidence, what should you do? A) Tell your other friends to see if they think it is funny B) Keep it private to show you are trustworthy* C) Tell the teacher immediately D) Post it on a group chat (1 mark)**

5. **5. True or False: Setting a 'boundary' (like saying you need some quiet time alone) is a way to look after yourself in a friendship. (1 mark)**

6. **6. What is the one-word term for sharing your feelings and listening to your friend's perspective to solve a problem? (1 mark)**

7. **7. Which action best demonstrates empathy? A) Imagining how your friend feels when they are sad* B) Telling them to 'get over it' C) Changing the subject to talk about yourself D) Buying them a snack (1 mark)**

8. 8. What is the best way to handle a misunderstanding? A) Ignore the friend until they apologise B) Talk to them calmly about how you feel* C) Stop being friends with them D) Ask someone else to tell them you are annoyed (1 mark)

9. 9. True or False: A true friend will try to make you do things that make you feel uncomfortable or unsafe. (1 mark)

10. 10. What do we call the ability to understand and share the feelings of another person? (1 mark)

Draw: Draw a 'Friendship Garden'. Each flower or plant should represent a quality of a good friend (e.g., a 'Trust Tree' or a 'Kindness Lily'). Write a short label for each one explaining why that quality is important.



Extension challenge: Greater Depth Challenges: 1. Explain why 'compromise' is essential when two friends want to play different games. 2. Compare and contrast a 'fair-weather friend' with a 'loyal friend'. 3. Justify why it is sometimes necessary to walk away from a friendship that makes you feel unhappy. 4. What might happen if a friendship lacks clear communication? 5. Design a 'Friendship Charter' for your classroom listing five non-negotiable rules for respectful behaviour. 6. How can you demonstrate inclusivity to ensure no one in your class feels left out of social groups?