

The Pillars of Friendship: A Reflective Guide with Leo the Lion

Learning objective: To understand the qualities that contribute to healthy, positive, and respectful friendships, and to evaluate how these actions influence social dynamics.

Leo the Lion believes that a strong friendship is like a well-built den—it needs a solid foundation. Use this template to analyse your own friendships. Think about your interactions with friends, the values you hold dear, and how you resolve challenges when things don't go as planned. Write your responses thoughtfully, considering how your actions impact others.

Word bank: empathy · mutual respect · trustworthiness · conflict resolution · integrity · cooperation · compassion · active listening · loyalty

1. Defining the Foundation: Identify three essential qualities that make a friendship 'healthy'. Justify why you believe these specific qualities are the most important for a long-lasting bond. (3 marks)

2. The Anatomy of Empathy: Explain why active listening is crucial when a friend is feeling upset. How does showing empathy change the way a disagreement might end? (3 marks)

3. Navigating Challenges: Imagine a scenario where you and a friend disagree on how to play a game. Describe a step-by-step approach to resolve this conflict fairly, ensuring both parties feel heard and valued. (4 marks)

4. Peer Influence: Compare and contrast 'positive peer pressure' with 'negative peer pressure'. Give an example of how you might stand up for your own values if a friend encourages you to do something that makes you feel uncomfortable. (4 marks)

5. Reflective Analysis: Evaluate a time when you had to be a 'brave friend'. What was the situation, and how did your actions demonstrate your commitment to your friendship? (3 marks)

6. Future Growth: What might happen if a friendship lacks honesty? Predict the potential consequences for both people involved and explain the importance of maintaining integrity in your relationships. (3 marks)

Extension challenge: Design a 'Friendship Charter' for your class. Write a persuasive paragraph explaining why these rules are necessary for creating a supportive environment, and then list five 'Golden Rules' that everyone should follow to ensure every pupil feels included and respected.