

The Pillars of Friendship: A Reflective Writing Frame

Learning objective: To articulate the qualities of positive relationships and reflect on the importance of mutual respect, trust, and empathy in friendships.

Use this writing scaffold to structure your reflection on what makes a healthy, positive friendship. Consider how your actions affect those around you and how you can be a supportive friend to others.

A true friendship is not merely about sharing time together, but about building a foundation of support, kindness, and understanding that withstands the tests of daily life.

Word bank: empathy · mutual respect · trustworthiness · invaluable · compassionate · consequently · furthermore · on the other hand · integrity · solidarity · constructive · reliability

1. The Essence of Trust: How would you define trust in a friendship, and why is it considered the most essential component? Start your response by saying... (2 marks)

2. Navigating Disagreements: Explain why it is important to handle disagreements with maturity and empathy. What strategies can you use to resolve conflict peacefully? Start by... (3 marks)

3. The Role of Support: Compare and contrast the feeling of being supported by a friend versus trying to overcome a difficult challenge alone. Justify your answer with an example... (3 marks)

4. Personal Growth: What might happen if you surround yourself with friends who encourage your personal goals and celebrate your achievements? Reflect on this by writing... (2 marks)

5. The Value of Diversity: How does having friends with different perspectives and interests enrich your own understanding of the world? Elaborate by stating... (3 marks)

6. Future Commitments: Based on your reflections, what specific qualities do you intend to bring to your friendships this year to ensure they remain positive and inclusive? (2 marks)

Extension challenge: Compose a persuasive letter to a younger pupil, perhaps an imaginary character like Pip the bookworm, offering three pieces of 'Expert Advice' on how to be a kind, reliable, and supportive friend at school. Use at least four words from the word bank in your letter.