

Building Strong Foundations: The Relationship Toolkit

Learning objective: To identify the characteristics of healthy relationships and demonstrate how to resolve interpersonal conflicts constructively.

Max the monkey is helping his friends navigate tricky social situations. Below are six scenarios involving different relationships. For each, identify whether the behaviour described is 'Healthy' or 'Unhealthy', then write a short piece of advice from Max explaining how the characters could improve the situation using clear communication.

Word bank: compromise · empathy · active listening · respect · honesty · cooperation · boundaries · trust

1. Scenario 1: Leo the lion and his friend want to play different games at break time. Leo insists on only playing his game or he will walk away. Is this healthy? Justify your answer. (2 marks)

2. Scenario 2: Zara the zebra notices a friend is feeling sad but decides to ignore them to avoid an awkward conversation. Explain why this might damage their friendship. (2 marks)

3. Scenario 3: Kit the fox borrows a book from a friend but forgets to return it on time. Instead of saying anything, he hides it in his bag. How could Kit demonstrate integrity here? (2 marks)

4. Scenario 4: Compare and contrast a 'healthy' argument where friends find a solution, versus an 'unhealthy' argument where someone is unkind. What is the key difference? (2 marks)

5. Scenario 5: Ellie the elephant feels overwhelmed when a group member keeps interrupting her. What strategy could she use to set a boundary while remaining respectful? (2 marks)

6. Scenario 6: What might happen if a relationship lacks trust? Use one word from the word bank to explain a quality that could fix this. (2 marks)

Draw: Draw a 'Friendship Tree'. On the roots, write the qualities that make a relationship strong (e.g., trust). On the leaves, draw activities that friends might do together to strengthen their bond.



Extension challenge: Design a 'Relationship Charter' for your classroom. List five rules that ensure every student feels respected, valued, and safe. Justify why each rule is essential for a positive learning environment.