Building Strong Foundations: The Friendship Blueprint

Learning objective: To understand the qualities that build healthy, positive friendships and how to resolve common social conflicts.

Max the monkey has been studying the 'mathematics of friendship'. He believes that a strong friendship is like a structure that needs the right materials to stay standing. Look at the list of behaviours below. Sort them into two categories: 'Builders' (actions that strengthen a friendship) and 'Blockers' (actions that damage a friendship). Write your chosen behaviours into the correct column on your activity sheet.

Word bank: Active listening · Interrupting when someone speaks · Sharing your feelings honestly · Refusing to apologise · Encouraging each other · Ignoring someone's boundaries · Being reliable · Gossip and unkind words

1. Choose one 'Builder' behaviour from the list and explain how it makes a friend feel valued. (2 marks)

2. If a friend hurts your feelings by accident, what is a 'Builder' way to resolve the situation instead of just ignoring them? (2 marks)

3. Why is it important to respect a friend's 'no' when they do not want to play a certain game? (2 marks)

4. Max suggests that 'Trust' is the foundation of the friendship structure. What is one way you can show a friend that they can trust you? (2 marks)

5. Imagine a friend is feeling sad because they lost a school competition. Write one encouraging sentence you could say to them. (2 marks)

Draw: Draw a 'Friendship Tree'. On the roots, write the qualities that make a friendship strong (the 'Builders'), and on the leaves, draw the things you and your friends enjoy doing together.

Extension challenge: Write a short 'Friendship Recipe'. List the five most important ingredients (qualities) needed to bake the perfect friendship and explain why each one is necessary.