Friendship Foundations: PSHE Year 5

Learning objective: To understand the qualities of healthy friendships, how to resolve conflicts, and the importance of empathy and mutual respect.

Read the front of each flashcard to test your knowledge about building and maintaining positive relationships. Flip the card mentally (or check the answer provided) to see if you match the definition or concept.

What is Empathy?	Empathy is the ability to understand and share the feelings of another person.
Why is trust important in a friendship?	Trust is the belief that you can rely on your friend to be honest, keep promises, and support you.
What does 'Active Listening' mean?	Giving your full attention to a friend while they speak, showing you understand by responding thoughtfully.
What is a personal boundary in friendship?	A limit you set to define how you want to be treated and what makes you feel comfortable or safe.
How can you resolve a conflict with a friend?	Talk calmly, listen to their side, explain your feelings using 'I' statements, and look for a compromise.
What is a compromise?	When both people give up a little bit of what they want to reach an agreement that satisfies everyone.
Why is inclusion important in a group of friends?	It ensures everyone feels welcome, valued, and safe, preventing anyone from feeling left out or lonely.
How does Leo the Lion show 'Support' to his friends?	By encouraging them when they are struggling and celebrating their achievements with them.
What does it mean to be a respectful friend?	Treating others with kindness, valuing their opinions, and accepting that they may be different from you.
How can you show honesty without being unkind?	By telling the truth gently and focusing on how the situation can be improved rather than using hurtful words.
What is the difference between a disagreement and bullying?	A disagreement is a normal part of friendship; bullying is intentionally hurtful behaviour that is repeated over time.
Why is it important to have your own hobbies outside of a friendship?	It allows you to grow as an individual, which makes your friendship stronger and more interesting.