The Friendship Foundations Quiz

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

Read each question carefully. Choose the best answer or write your response in the space provided. Remember, friendship is about kindness, trust, and mutual respect!

Answer Key: 1. C; 2. True; 3. Compromise; 4. B; 5. False; 6. Empathy; 7. D; 8. True; 9. Honesty; 10. A. Remember: Good friends listen, support each other, and know how to say sorry when things go wrong.

Word bank: Empathy · Trust · Compromise · Honesty · Respect · Communication

1. 1. Max the monkey wants to play football, but Zara the zebra wants to draw. What is the best way to solve this? A) Stop being friends, B) Only do what Max wants, C) Find a way to do both or take turns*, D) Ask someone else to pick for you. (1 mark)

2. 2. True or False: A good friend should always make you feel comfortable being yourself. (1 mark)

3. 3. What do you call it when two friends both give up a little bit of what they want to reach an agreement? (1 mark)

4. 4. If a friend tells you a secret in confidence, what is the right thing to do? A) Tell everyone else, B) Keep it private*, C) Tell your teacher immediately, D) Write it in a public blog. (1 mark)

5. 5. True or False: It is okay for a friend to pressure you into doing something that makes you feel unsafe. (1 mark)

6. 6. Fill in the blank: Understanding how someone else is feeling is called _____. (1 mark)

7. 7. Which of these is a sign of a healthy friendship? A) They only talk to you when they need something, B) They make fun of your hobbies, C) They get angry if you play with others, D) They celebrate your successes*. (1 mark)

8. 8. True or False: If you have a disagreement, a good friend will listen to your side of the story. (1 mark)

9. 9. If you accidentally break something belonging to a friend, what is the most important thing to show? (One word) (1 mark)

10. 10. Which action shows you are a supportive friend? A) Asking 'Are you okay?' when they look sad*, B) Ignoring them until they are happy again, C) Telling them to stop crying, D) Changing the subject immediately. (1 mark)

Draw: Draw a picture of Pip the caterpillar and Nova the owl working together on a project. Show them sharing supplies and smiling at each other to demonstrate teamwork.

Extension challenge: Write a short 'Friendship Recipe'. List five ingredients (qualities) you think are essential for a perfect friendship (e.g., 2 cups of kindness, 1 spoonful of listening) and explain why each one is important.