The Friendship Fact-File: Building Kind Connections

Learning objective: To identify the key qualities of a positive friendship and understand how to maintain healthy, respectful relationships.

Think about your friendships and the qualities that make them special. Use this fact-file to explore what it means to be a good friend. You can use your own experiences or think about how characters like Leo the Lion or Pip the Caterpillar would show kindness to their friends.

Word bank: empathy · trust · loyalty · respect · honesty · support · communication · kindness

1. The Qualities of a Great Friend: List three qualities that you think are most important in a friendship and explain why each one helps people get along well. (3 marks)

2. Acts of Kindness: Describe a time you showed kindness to a friend or someone else. How did it make them feel, and how did it make you feel? (2 marks)

3. Solving Disagreements: If you and a friend had a disagreement about a game, what is a fair way to talk about it and find a solution that makes everyone happy? (2 marks)

4. Supporting Each Other: How can you show support to a friend who is feeling sad or struggling with a difficult task at school? (2 marks)

5. My Friendship Goal: Write one target for yourself to be an even better friend this term (e.g., listening more carefully or including others in your games). (1 mark)

Extension challenge: Design a 'Friendship Recipe' card. List the ingredients (qualities) and the method (actions) needed to create the perfect long-lasting friendship.