Building Bridges: A Guide to Friendship

Learning objective: To identify and describe the positive qualities of healthy friendships and explain how to maintain them.

Use this writing frame to explore what makes a great friend. Follow the structure below to help you organise your thoughts about loyalty, kindness, and resolving disagreements. Remember to use the word bank to make your writing flow.

True friendship is like a garden; it needs care, time, and kindness to grow into something truly special.

Word bank: furthermore · on the other hand · in addition · mutual respect · empathy · trustworthy · common interests · consequently · active listening · resolving conflict

1. The Qualities of a Friend: What are three essential character traits that make someone a good friend? Start by writing: 'I believe the most important quality in a friend is...' (3 marks)

2. Shared Experiences: Describe a time you spent with a friend. Start by writing: 'One specific memory that highlights our friendship is when we...' (3 marks)

3. Handling Disagreements: How do you handle it when you and a friend disagree? Start by writing: 'When a misunderstanding occurs, the best way to resolve it is by...' (3 marks)

4. Being a Supportive Friend: How can you show someone that you are a reliable friend? Start by writing: 'I can support my friends by...' (3 marks)

5. Reflecting on Growth: Why is it important to have friends who encourage you? Start by writing: 'Having supportive friends is vital because...' (3 marks)

Extension challenge: Write a short 'Friendship Recipe' card. List five 'ingredients' (positive traits) and a set of 'instructions' (actions) needed to make a long-lasting friendship.