

Building Strong Connections

Be a Kind Connector: Build Bridges, Not Barriers!

- **Healthy relationships are built on mutual respect, which means valuing other people's opinions and feelings even when they are different from your own.**
- **Effective communication involves listening carefully to others and speaking clearly and kindly to share your own thoughts.**
- **Setting personal boundaries is an important part of any friendship; it is perfectly okay to say 'no' if you are uncomfortable or need some space.**
- **Trust is grown over time through honesty, being reliable, and keeping promises made to your friends.**
- **Empathy is the ability to imagine how someone else might be feeling, which helps us to offer support when a friend is having a difficult day.**

Did you know? Did you know? Even in the animal kingdom, relationships are vital! Our friend Ellie the elephant lives in a close-knit herd where members help each other find water, protect the young, and share memories of safe paths to travel. Just like Ellie's herd, humans thrive when they support one another.

Key vocabulary: Respect · Empathy · Trust · Boundaries · Communication · Cooperation