

Building Kind Connections: A Relationships Quiz

Learning objective: To identify the characteristics of healthy relationships, understand the importance of mutual respect, and recognise how to resolve disagreements positively.

Read each question carefully. Max the monkey needs your help to solve these relationship puzzles! Choose the best answer for multiple choice, mark true or false, or write your answer in the space provided.

Answer Key: 1. C (All of the above), 2. True, 3. False, 4. Communication, 5. B (Explain how you feel calmly), 6. True, 7. Empathy, 8. A (Respect their choice), 9. False, 10. Healthy relationships are built on trust, kindness, and listening.

Word bank: Respect · Empathy · Communication · Compromise · Trust · Boundaries · Supportive

1. 1. Which of these are important parts of a healthy friendship? A) Being honest, B) Listening to each other, C) All of the above*, D) Always doing exactly what your friend wants. (1 mark)

2. 2. True or False: A healthy relationship means you can be yourself even if your friends have different hobbies. (1 mark)

3. 3. True or False: If you have a disagreement, it is best to stop talking to that person forever. (1 mark)

4. 4. What is the word for sharing your thoughts and feelings clearly and kindly with others? (One word answer) (1 mark)

5. 5. What should you do if a friend upsets you? A) Shout at them, B) Explain how you feel calmly*, C) Ignore them until they guess why you are sad, D) Tell everyone else to be mean to them. (1 mark)

6. 6. True or False: Setting 'boundaries' means letting your friends know what makes you feel comfortable or uncomfortable. (1 mark)

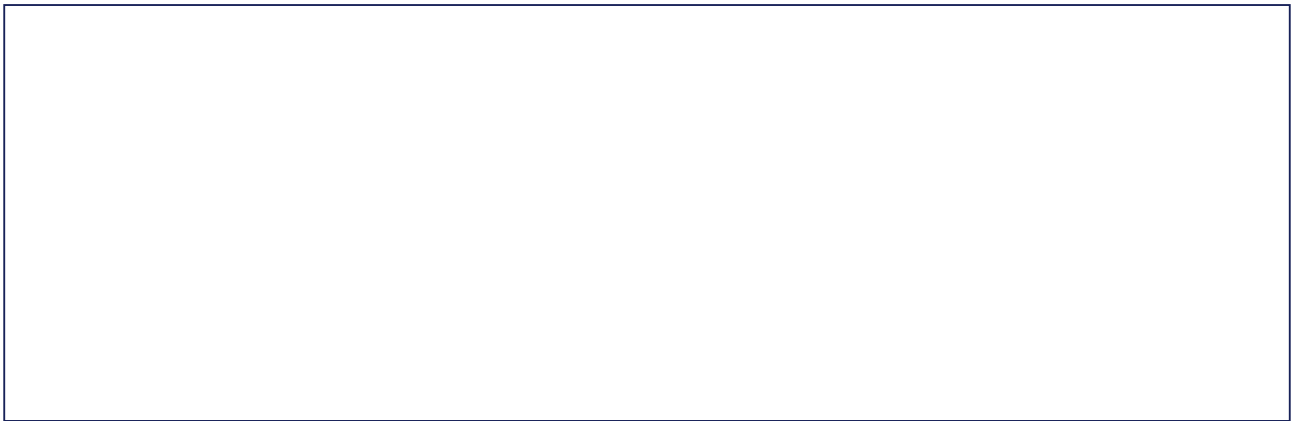
7. 7. What do we call the ability to understand and share the feelings of another person? (One word answer) (1 mark)

8. 8. If a friend says 'no' to playing a specific game, what should you do? A) Respect their choice*, B) Keep asking until they say yes, C) Get angry, D) Tell them they are not being a good friend. (1 mark)

9. 9. True or False: It is okay to pressure a friend into doing something they don't want to do. (1 mark)

10. 10. In your own words, what is one way you can show a friend you care about them? (1 mark)

Draw: Draw a picture of Pip the caterpillar and Nova the owl working together on a project. Show them using teamwork and being kind to one another.



Extension challenge: Imagine you and a friend both want to play with the same book in the library. Write a short script (3-4 lines) showing how you could use 'compromise' to solve this problem fairly.