

Building Strong Connections: A Relationship Fact-File

Learning objective: To identify the characteristics of healthy relationships and understand the importance of mutual respect, trust, and kindness.

Use this fact-file to explore what makes a relationship healthy. Think about your friendships, your family, or the connections you have with people in your community. Use the word bank to help you describe how we treat others with care.

Word bank: trust · respect · honesty · empathy · support · kindness · listening · cooperation · boundaries

1. The Qualities of a Good Friend: List three important qualities that help a relationship stay strong and explain why each one matters. (3 marks)

2. Setting Boundaries: What does it mean to have a personal boundary, and why is it important to respect the boundaries of others? (2 marks)

3. Handling Disagreements: When two people disagree, what is a calm and respectful way to resolve the situation so that both people feel heard? (2 marks)

4. Showing Appreciation: How can you show someone you care about them or appreciate their presence in your life? Give two examples. (2 marks)

5. Supporting Others: If a friend or family member is feeling sad or worried, what can you do to support them in a helpful and kind way? (2 marks)

Extension challenge: Write a short poem or a 'Recipe for a Healthy Relationship' listing the 'ingredients' needed, such as two cups of listening and a sprinkle of patience. Use Leo the lion as your inspiration for writing something kind.