

Building Positive Relationships

Learning objective: To identify the qualities of healthy relationships and explain how to be a supportive friend.

Use this writing frame to explore what makes a friendship strong and positive. Think about how Max the monkey and Leo the lion treat each other when they work together on a project.

A positive relationship is built on a foundation of kindness and understanding, where both people feel valued and safe.

Word bank: trustworthy · empathetic · mutually respectful · on the other hand · furthermore · active listening · compromise · resolving conflict

1. What are three key qualities that make a friendship healthy? Start your paragraph with: 'In my opinion, the most important qualities in a friendship are...' (3 marks)

2. Why is 'active listening' important when a friend is upset? Start your paragraph with: 'Listening is essential because...' (3 marks)

3. How can you show empathy if a friend disagrees with your idea? Start your paragraph with: 'If a friend and I have a disagreement, I can show respect by...' (3 marks)

4. Describe a time you helped someone feel included. Start your paragraph with: 'One way I can ensure others feel welcome is to...' (2 marks)

5. How do you know when a relationship is balanced? Start your paragraph with: 'A balanced relationship feels fair because...' (2 marks)

Extension challenge: Write a short 'Friendship Recipe' card listing five essential 'ingredients' and explain why each one is necessary for a lasting bond.