



## UNIT 6

# *Friendship and Relationship*

### **In This Unit You Will:**

Learn about friendship and relationships.

Learn vocabulary related to healthy relationships.

Learn how to spell the new words.

Learn about Past Simple and Past Continuous tenses.

Learn about the differences between Past Simple and Past Continuous tenses.

Explore why it's important to respect your own and others' personal space and boundaries.

Learn about facing peer pressure and why it's important to overcome it.

Discover why it's important to nurture friendship and how it can affect your life.



## LESSON 26

# Healthy Relationships

## Vocabulary

### Reading Time:



One sunny afternoon, Benny sat under a big oak tree, thinking about what makes a healthy relationship. As he watched the breeze rustle the leaves, he reflected on the friendships he valued most and why they made him feel happy and safe.

To Benny, a healthy relationship was all about respect and kindness. It was about treating each other with care, honesty, and understanding. In a healthy relationship, both people listen to each other and try to help, even when things get tricky. Benny remembered the time a friend had helped him with a difficult math problem without making him feel silly. That simple act of kindness had stuck with him.

Benny realized that healthy relationships also meant cheering each other on. Like during soccer games, when his friends clapped and encouraged him, even if he missed a goal. That made him feel supported, not judged. And support, Benny thought, was one of the most important parts of any relationship.

But Benny also understood that healthy relationships weren't just about being nice—they were about fairness and honesty. If someone always wanted things their way or never listened, that wasn't healthy. Setting boundaries and standing up for himself kindly was just as important as being kind to others.

As Benny sat under the tree, he felt grateful for the people in his life who made him feel good about himself. Healthy relationships weren't always perfect, but they helped him grow, learn, and feel confident in being himself.



## LESSON 26

# Healthy Relationships

## Vocabulary

### Questions:

1. What was Benny thinking about while sitting under the tree?
2. According to Benny, what are the key qualities of a healthy relationship?
3. How did Benny's friend show kindness during a difficult math problem?
4. What did Benny realize about honesty in relationships?

### Vocabulary Time:

**Trust** - Believing in someone's honesty and reliability and knowing they will keep their word.

**Fairness** - Treating everyone equally and making sure no one is left out or treated unfairly.

**Boundaries** - Knowing your own limits and respecting the limits of others, such as personal space, time, or emotions.

**Support** - Offering encouragement and help when someone needs it, whether in tough situations or everyday challenges.

**Compromise** - Finding a middle solution when there's a disagreement, both people give a little to meet in the middle.

**Acceptance** - Embracing each other's differences, like beliefs, personality, and appearance, without trying to change them.

**Loyalty** - Being reliable and honest, so others can depend on you and feel safe in your relationship.

**Trustworthiness** - Being reliable and honest, so others can depend on you and feel safe in your relationship.



# LESSON 26

## Healthy Relationships

### Vocabulary

#### Play Time:

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Let's play. Try to make one sentence with each of the words from the vocabulary above. Have fun and be creative!

#### Questions Time:

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1. What does it mean to have a healthy relationship with a friend?
2. Why is honesty important in a relationship?
3. What are boundaries, and why should we respect them in friendships or family relationships?
4. What are some ways to show someone you care in a relationship without using words?
5. How can you tell if a relationship is not healthy?

#### Let's Summarise!

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A healthy relationship is built on trust, respect, kindness, and good communication. It means treating each other with care, being honest, listening, and supporting one another, especially during tough times. Healthy relationships also involve setting and respecting boundaries, being fair, and encouraging each other's growth. They help people feel safe, valued, and confident. In a healthy relationship, both people share their feelings, solve problems together, and celebrate each other's successes.