



AT SCHOOL KEYS TO ACTION

RELATIONSHIP SKILLS

A FEW SUGGESTIONS FOR ACTIVITIES TO BUILD ON WHAT STUDENTS HAVE LEARNED.

THE STUDENT WITH THEMSELVES

- Work on self-affirmation through modelling and encouraging your students to speak in sentences beginning with “I,” for example, “I feel,” “I like,” “I think.”
- Model your own strategies for stress, emotion and reaction management aloud in class.
- Support your students by suggesting ways of resolving conflict (in steps). e.g. I calm down. / I listen to what the other person has to say. / I share my point of view. / We look for a solution.
- Teach your students about the importance of saying “no” and how to do it.

THE STUDENT WITH OTHERS

- Provide opportunities for conversation and encourage your students to ask personalized questions during these conversations.
- Encourage responsible decision-making by teaching your students a problem solving method and helping them use it. e.g. I name the problem. / I find solutions. / I determine their advantages and disadvantages. / I choose a solution. / I apply the solution and observe the results.
- Use a rewards system to encourage students when they do something positive for another student.
- Organize a volunteering activity with your class in your school or neighbourhood.
- Do improv with your class or in subgroups to stimulate situations where they need to make decisions.
- Organize a challenge about the importance of communication. e.g. working as a team on a task with a communication constraint.



WHAT ARE RELATIONSHIP SKILLS?

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

