



KEYS TO ACTION

RELATIONSHIP SKILLS

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

THE KID WITH THEMSELVES

- Ask the kid to tell you about or draw a time when someone showed empathy towards them.
- Encourage the kid to reflect on their behaviors following a conflict.
- Ask the kid to draw a diagram representing their friendship group (divided into different categories).
- Ask the kid to create a list of five behaviors or attitudes they should adopt when they are being a good friend, asking for help, being a good listener, etc.

THE KID WITH OTHERS

- Ask the kid to keep a record of their actions and behaviors. e.g. during quiet time.
- Suggest an activity where the kid write down or name their own strengths and those of their peers.
- Work on increasing the kid understanding of empathy (putting yourself in someone else's shoes) by discussing examples of empathy they see in their daily lives.



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