



# **WEEK FOUR**

## **SESSION PLAN AND WORKSHEETS**



# Week 4 session plan:

# Relationships



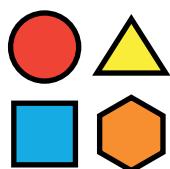
## Aim:

Understanding who we have relationships with, how different relationships can affect us, strategies for resolving conflict, and exploring values that contribute to healthy relationships.



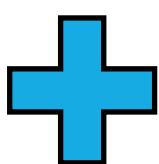
## Time:

1hr 30mins



## Resources needed:

- Treasure Chest
- Group Agreement
- Pens / Paper
- Full Booklet
- Relationship worksheets
- Whiteboard or flipchart
- Soft ball



## Add-on resources:

- Parked cars



## What to do:

5 Minutes

**Introduction:** Introduce workshop and explain the learning outcomes and reason for the treasure chest

- Open Treasure Chest – Hand out Booklets (or worksheets if only doing Relationships)





## What to do (continued):

10 Minutes



**Icebreaker:** Relationships Conflict Game or Friendly Connections

### Conflict:

- Split the class into two teams. Use a ball, throwing the ball to another team.
- When they get the ball they state a conflict they have experienced or witnessed.
- The other team must come up with a solution, they then throw the ball back.
- The original team can either accept the solution or suggest another one, before throwing the ball back.

15 Minutes

### Group Conversation – Who do we have relationships with?

Allow group to put their hands up and facilitator can write comments on whiteboard/flipchart.

### Examples:

- Friends
- Family – siblings – parents – grandparents – cousins – aunties and uncles
- Teachers – school staff
- Pets
- Group leaders
- People we know just to say hi to.





## What to do (continued):



### How do these different people make us feel?:



- Happy
- Sad
- Angry
- Frustrated
- Anxious
- Excited
- Like I want to laugh

### Why is it important that we have positive relationships with people?:

- Someone to talk to if we're not feeling good
- Friends to play with
- Makes us feel safe
- Makes us feel supported
- Makes us feel good about ourselves when we are kind to others

15 Minutes

**Worksheet - Friendship Potion:** Ask the group to think about the things that they think would make the best relationship – use the card to make a bookmark ‘potion’.

15 Minutes

**Worksheet – Relationship Rainbow:** Ask the group to think about who they have relationships with and why those relationships are important to them.



## What to do (continued):



Using the rainbow worksheet – pick 6 people that they have positive relationships with and add their names into the rectangle boxes above the people.

Write a positive word for each colour of the rainbow, use these colours to identify what each of our important people bring to our relationships with them. They can use the Friendship Potion for ideas.

### Examples:

- Kind
- Supported
- Safe
- Trust
- Respect
- Honesty
- Consent
- Valued
- Good Listener

Encourage the group to make characters of the faces and/or decorate them as they want.

*5 Minutes*

### Video (can be swapped for other relevant story or video):

Youtube Fighting Fair – How Do You Resolve Conflict?:

[https://www.youtube.com/watch?v=gu8gSuF\\_lvw](https://www.youtube.com/watch?v=gu8gSuF_lvw)



## What to do (continued):



15 Minutes

### Worksheet – Conflict Resolution:

Break into smaller groups – ask the group to think about a conflict that they have experienced or that they are worried might happen.

Conflicts are normal and it is important to know how to resolve them.

- Think of a conflict that you have experienced and write it down in the box.
- In the next box, write how you felt during the conflict.
- In the next box, three ways to resolve the conflict, using non-violent communication skills.

**Examples:** Talk it out, Take a break, Compromise, Apologise if you are in the wrong, Tell a trusted adult, talk to the person about how you feel.

10 Minutes

### End of session:

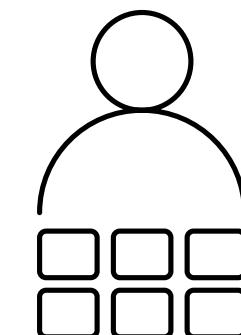
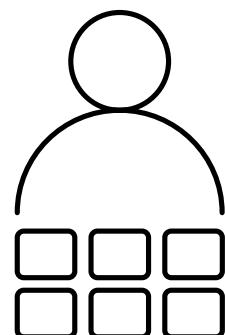
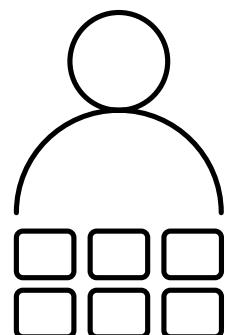
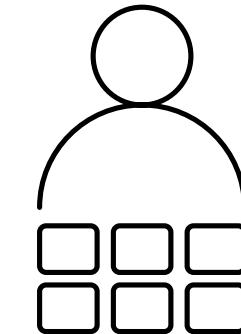
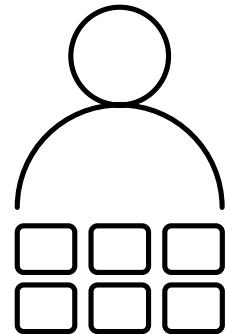
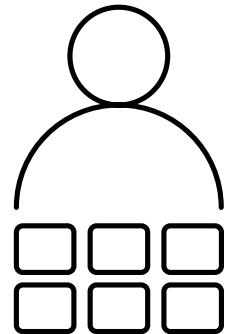
- Collect Feedback faces if needed
- Close treasure chest
- Reminder to take home weekly learning information slip
- Reminder of next week's topic



## Learning points

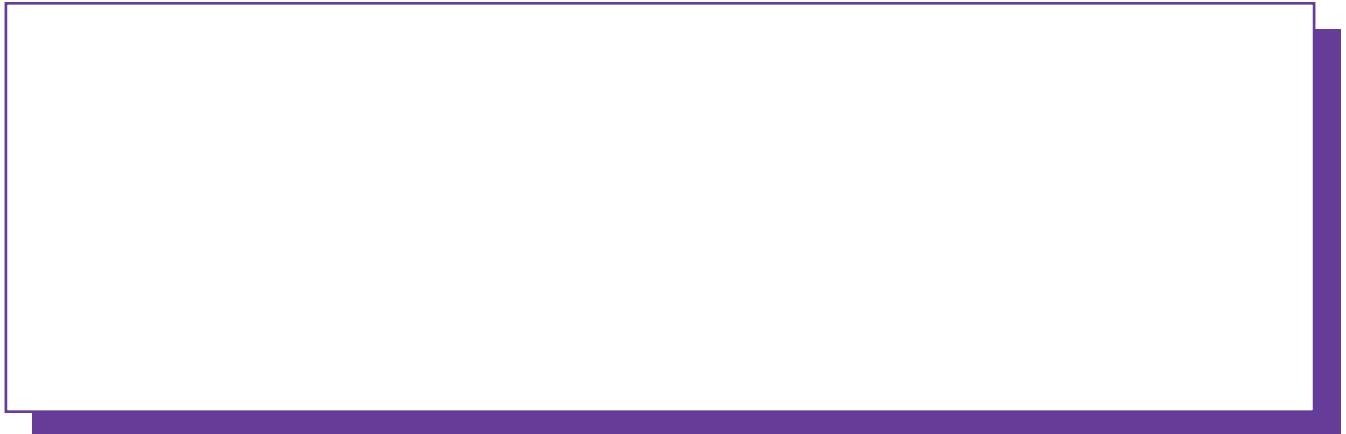
- Better understanding of why positive relationships are important
- Think about what qualities are important in a relationship
- Learn/share different ways to resolve conflict

# Relationship rainbow



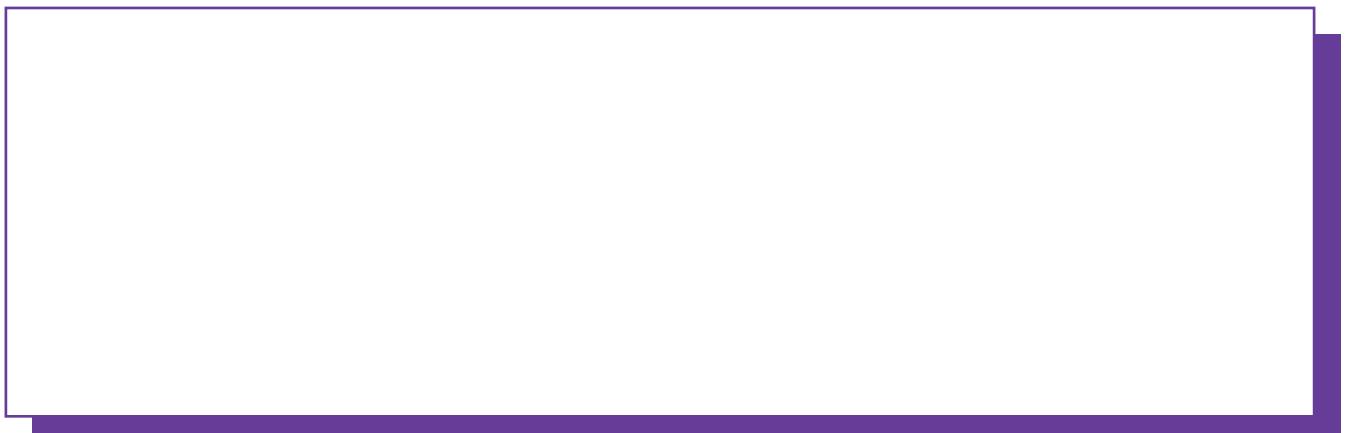
# My conflict resolution plan

**Conflict:**



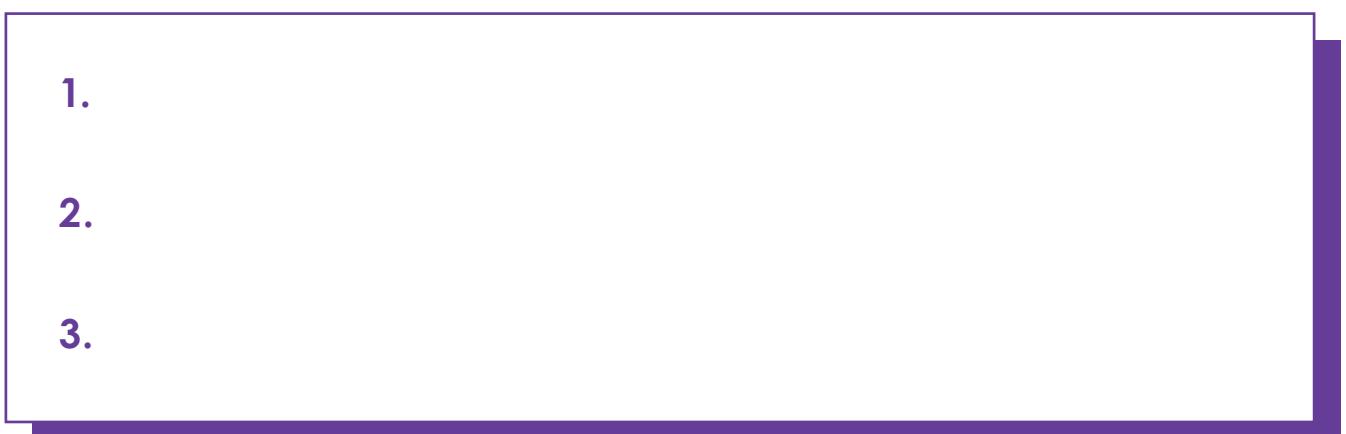
A large, empty rectangular box with a thin black border, designed for a child to write or draw about the conflict they are addressing.

**How you felt during the conflict:**



A large, empty rectangular box with a thin black border, designed for a child to write or draw about their feelings during the conflict.

**Three ways to resolve the conflict:**



A large, empty rectangular box with a thin black border, designed for a child to list three ways to resolve the conflict, with numbered lines 1, 2, and 3 provided.

- 1.
- 2.
- 3.

# Potion bookmark

