

WEEK FOUR

SESSION PLAN AND WORKSHEETS



Week 4 session plan: Relationships



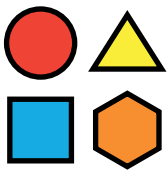
Aim:

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 – aunts 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



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

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My conflict resolution plan

Conflict:

How you felt during the conflict:

Three ways to resolve the conflict:

1.

2.

3.

Potion bookmark

