

Understanding and appreciating positive relationships

Lesson 1 : Positive Relationships

LI: To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.

Reflect

What relationships do you have in your life?

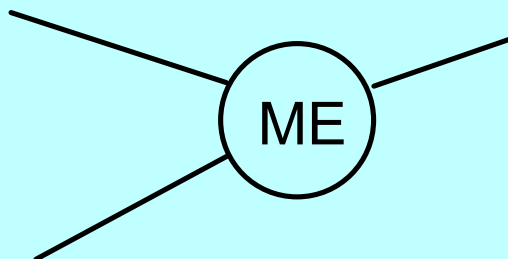


Let's Listen...



Activity

Draw a mind map to show all the different relationships that you have.



You could include friends, family, teachers, other...
adults ...

Discussion.

So, who is on your mind map?

Which of these people are *special to us*?

What makes them special?

How do special people treat one another?

Activity - Discussion

How do people show that they care about each other?

Why is caring for one another important?

In pairs, make a freeze frame to show an example of caring for someone special in your life. Make it as clear as you can so others can guess your action.

- Showing respect to one another (listening, using manners, sharing)
- Spending time doing something together (sharing interests and experiences)
- Supporting someone when they are feeling upset (listening, offering help, showing that you care)

Clarify what 'empathy' means. This is one of our school values!

Caring friendships

Friendships are very important in making us feel happy and secure so it is important to think about how we choose and make friends.

What are the characteristics of caring friendships?

These are qualities of a good, caring friendship: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

Discuss

Why is empathy important in caring relationships?



- How do children show they care for an adult compared to a friend or sibling.
- Discuss the responsibility adults have towards children.

Would it be the same the other way around?

Marriage

Getting married is a formal and legal commitment between two people which is intended to be lifelong.

The values of the vows can also be present outside of marriage and people can have stable relationships without being married.



What respectful actions did you see the two characters displaying towards each other?

Task

Talk to your partner/small group about different ways that you care for someone special to you.

Create a small poster to show positive relationships and how they are maintained. Make it bold, clear and colourful.

- How can we show we care for people who live far away?

Key Words

relationships empathy commitment
stable caring marriage trust
loyalty
respect family generosity
kindness mutual respect sharing siblings

