



KNOW
YOURSELF

INTRO TO SEL



RELATIONSHIP SKILLS



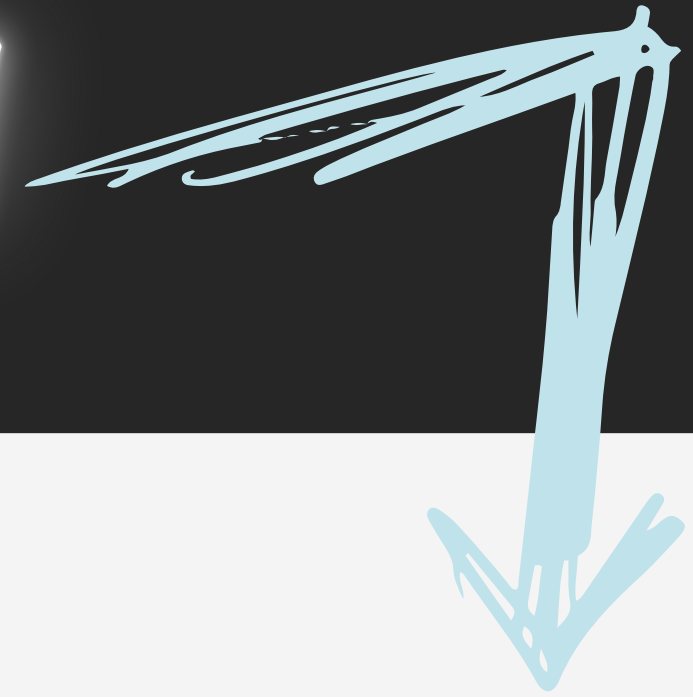
INTRODUCTION

Today, we will:

- * Develop an understanding of relationship skills
- * Understand how to make good decisions when faced with relationship challenges

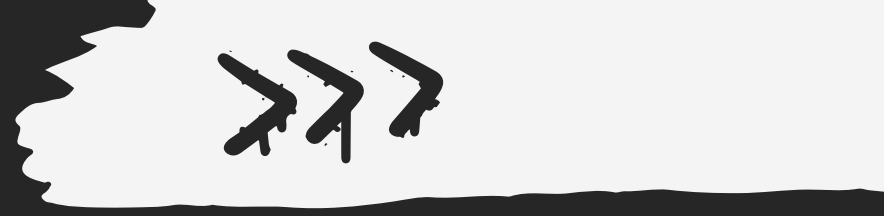


SEL CONNECTION



Developing **Relationship Skills** at a young age helps you learn how to interact with others in a positive and healthy way.





ICEBREAKER

HEALTHY RELATIONSHIPS



HEALTHY RELATIONSHIPS

In groups of four, follow the prompt:

I appreciate _____ because _____ .





LESSON

PART ONE

SELF-ASSESSMENT





SELF-ASSESSMENT

Define

RELATIONSHIP SKILLS

in your own words.





SELF-ASSESSMENT

RELATIONSHIP SKILLS

The ability to communicate effectively, cooperate, resolve conflicts, and build positive connections with others.



LESSON: PART ONE

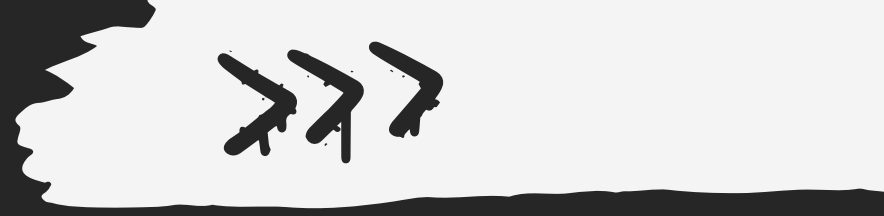


SELF-ASSESSMENT

Analyze the tips on the graphic organizer and identify one strength and one area for growth for each one.

Identify an area for growth you would like to focus on improving.





LESSON

PART TWO

RELATIONSHIP SCENARIOS



LESSON: PART TWO



ACTIVITY

SCENARIO #1: TEXT WARS

Kalil and Carlos are good friends. One day, Kalil sends a text to Carlos saying, "I can't believe you did that!" Carlos reads the text and feels hurt and confused because he doesn't know what Kalil is talking about. What should Carlos do?

A

Immediately respond with an angry text.

B

Call Kalil to get clarification about what the text message meant.



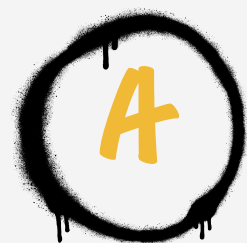
LESSON: PART TWO



ACTIVITY

SCENARIO #2: MCDONALDS VS. WENDY'S

Samantha and her younger brother Ethan are driving home with their parents and they're hungry. Samantha wants to go to McDonalds, while Ethan wants to go Wendy's. Both start talking loudly, trying to convince their parents of their choice. The parents get frustrated because they can't hear either of them clearly due to the raised voices.



Continue to argue.



Compromise that the sibling who does not get to choose today will be able to choose next time.



LESSON: PART TWO



ACTIVITY

SCENARIO #3: GROUP PROJECT CONFUSION

Tariq, Joy, and Mia are working on a group project for their science class. They meet up to discuss their ideas, but Joy keeps interrupting Tariq while he's explaining his thoughts. Mia stays quiet and doesn't contribute much. By the end of the meeting, they all leave feeling frustrated because they didn't fully understand each other's ideas, and tensions are rising. What should Mia do?

A

Ask Tariq and Joy to give her an opportunity to speak. Let them know Mia is not choosing sides and wants to make sure everyone's voice is heard.

B

Walk off angrily and give up on the project.



LESSON: PART TWO



ACTIVITY

SCENARIO #4: NEW SCHOOL, NEW FRIENDS

John, a 6th grader at a new school, aims to make friends by emulating a TV character he admires. His mom advises him to be authentic and let others accept him for who he is. What should John do?

A

Act like the character from the TV show to make new friends.

B

Listen to his mom and be himself.





RELATIONSHIP SCENARIOS



Effective communication is essential for building and maintaining healthy relationships.



These skills can be applied not only to friendships and family but also to future relationships as you grow older.





DEBRIEF / EXTENSION





RELATIONSHIP SKILLS

- 1) Observe and reflect on a communication situation you witnessed either in school or outside school.
- 2) Write a short paragraph about how effective communication was used or could have been used.

