




What does a healthy relationship look like?

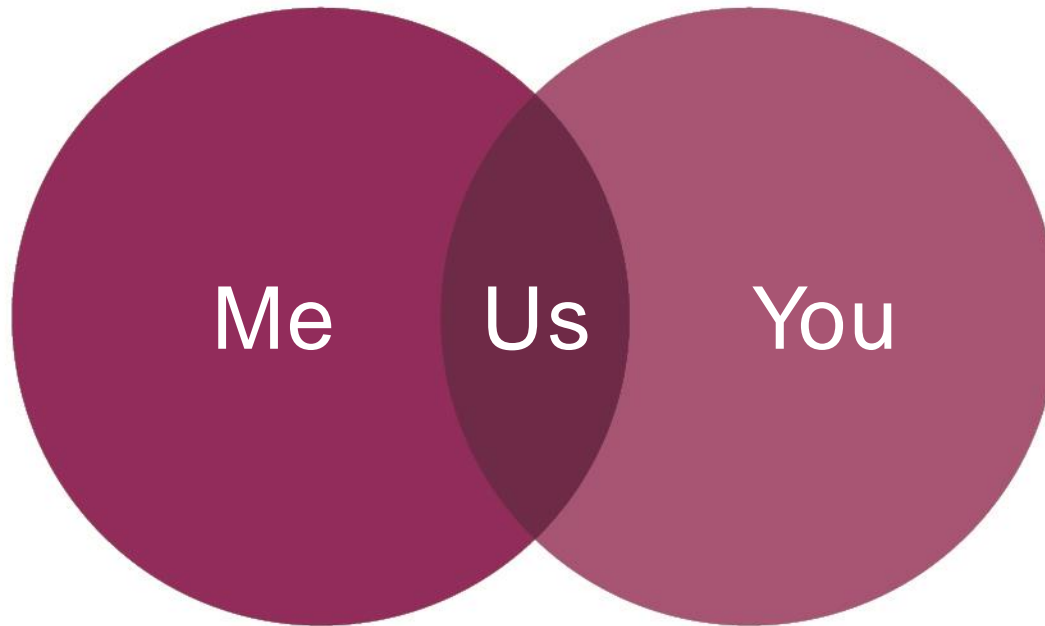


What does a healthy relationship look like?

To learn about what a healthy relationship looks like and what skills are required to maintain a relationship.

Ground Rules


Respect



Listening



Confidentiality



To learn about what a healthy relationship looks like and what skills are required to maintain a relationship



I can...



Recognise different types of healthy relationships



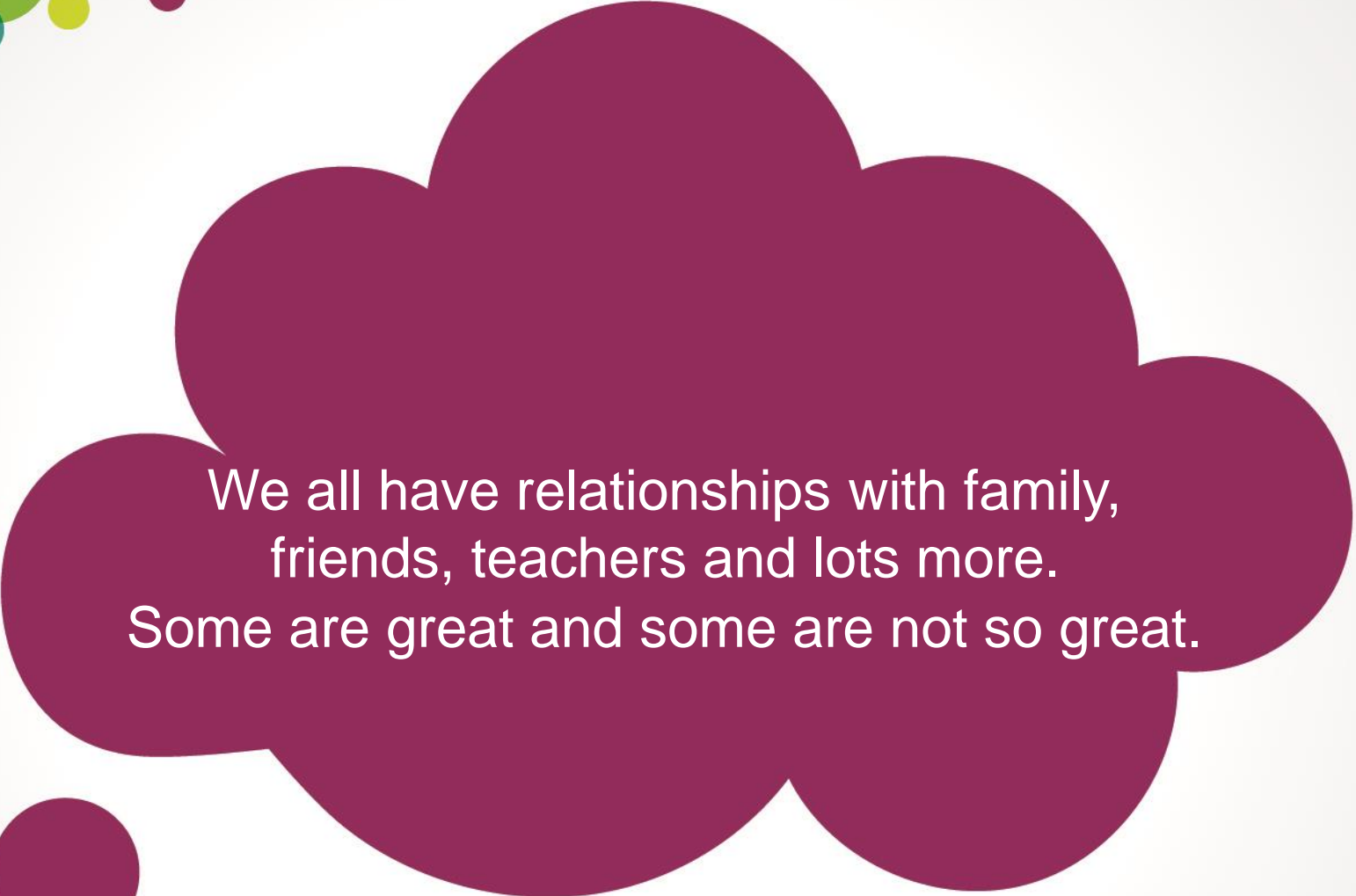
Describe what makes a relationship unhealthy



Understand how to develop positive relationships, including recognising and responding to someone feeling lonely.



Identify who to talk to if worried and required support



We all have relationships with family,
friends, teachers and lots more.
Some are great and some are not so great.



**What do you think makes a relationship
great?**



Qualities of a friend

Choose three words that describe the important qualities you would want in a friend:

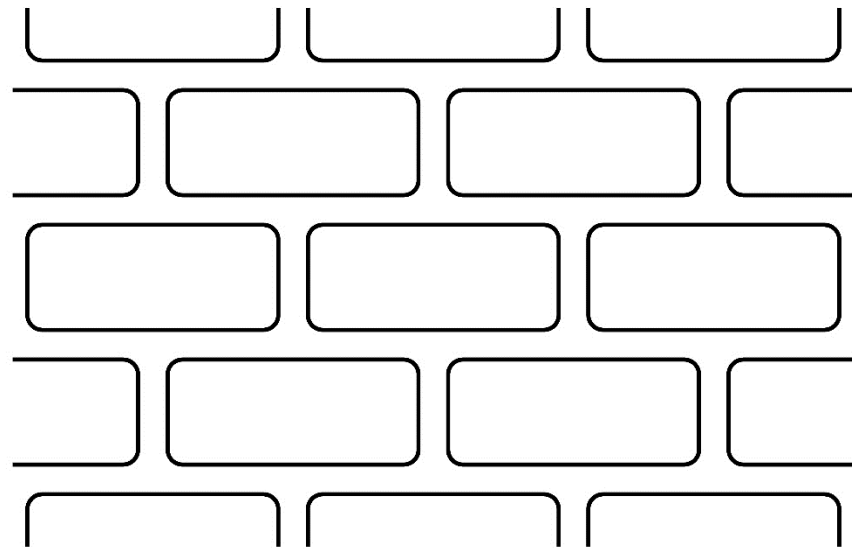
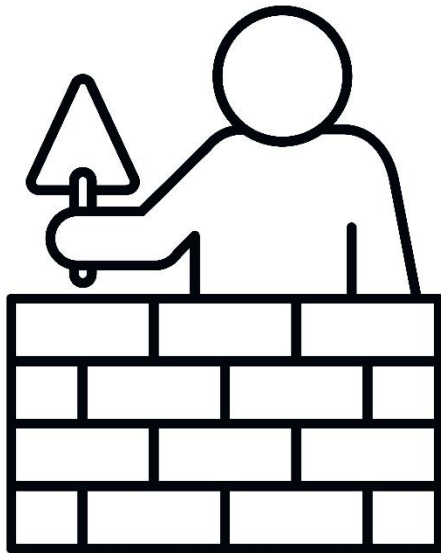
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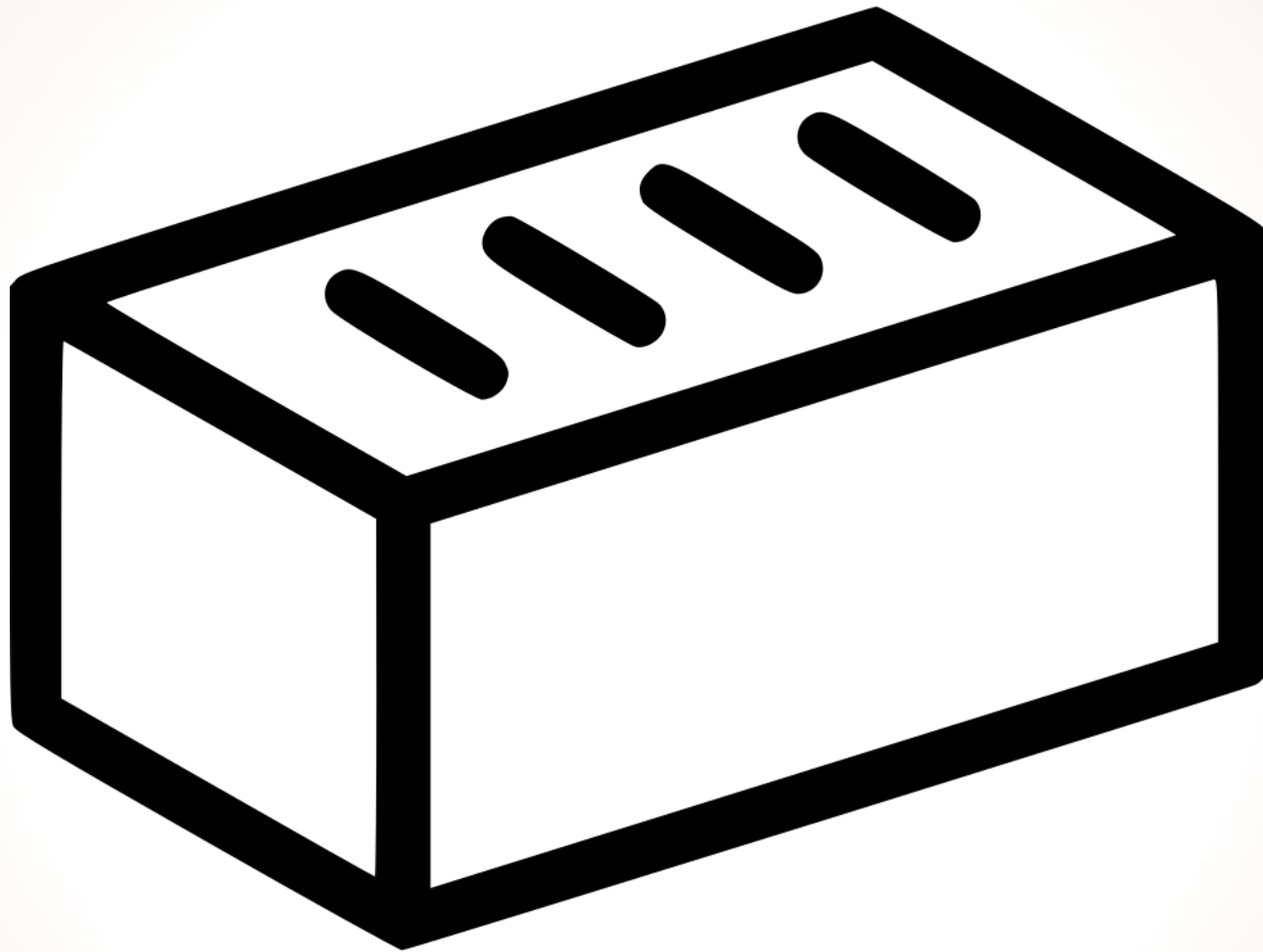
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3.

Lets build a friendship wall

- Draw a brick (or use the template provided)
- Write on your brick the most important quality you would like in a friend
- Colour or decorate your brick before adding to our friendship wall.





- Write on your brick the most important quality you would like in a friend
- Colour or decorate your brick before adding to our friendship wall.

**Our wall is stronger together, just like our friends.
Friends make us happier and stronger when together.**

**Can you describe how you could build these
relationships?**


Include them
in things we
do

Tell them we
care / appreciate
them

Listen and take
an interest




Lonely



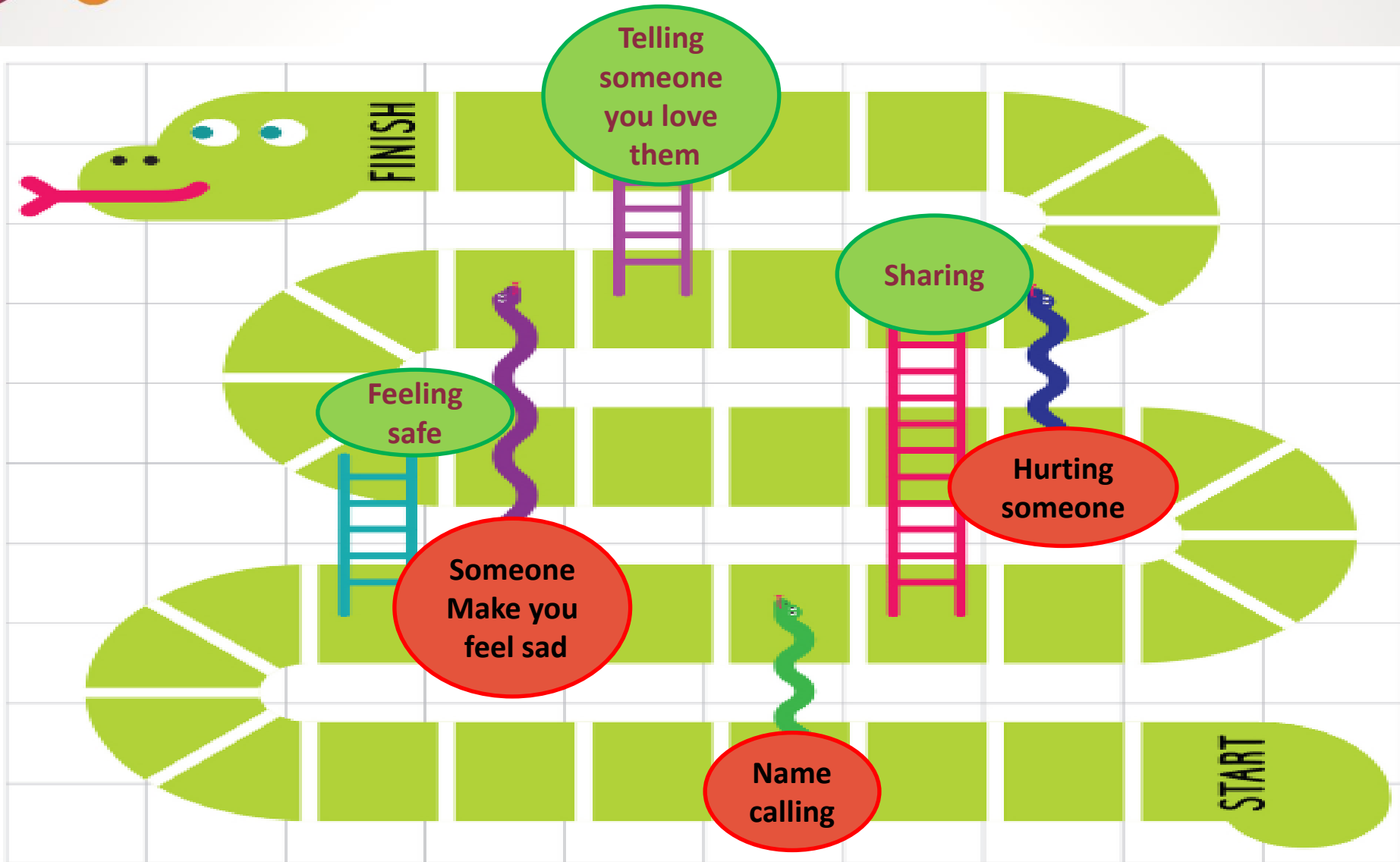
How would we
feel without these
friendships?

Healthy relationships are good for our wellbeing and make us feel happy.
Can you describe how this kind of relationship makes you feel?




How do healthy
relationships
make us feel?

Roll the dice and work your way around the board but avoid the snakes!



Snakes represent bad relationships

Ladders represent good relationships



Using the relationship cards,
can you sort
which is a healthy relationship and
which is an unhealthy relationship?

Healthy and unhealthy relationships card sort activity

Being shown affection
such as a kiss or hug



Name calling



Someone helping us



Feeling safe and secure



Hitting or being hurt
by someone



Having fun together



Feeling loved and happy



Feeling respected



Feeling scared



Trusted adult

Staff member
at school

**You can
talk to...**

School
nurse

Teacher

Parent or
carer



Extension activity

Make your own poster with the main qualities you would like your ideal friend to have.

WANTED

FRIEND

Must have....

- A good sense of humour
- Needs to be kind
- Must be loyal

