

# POSITIVE RELATIONSHIPS

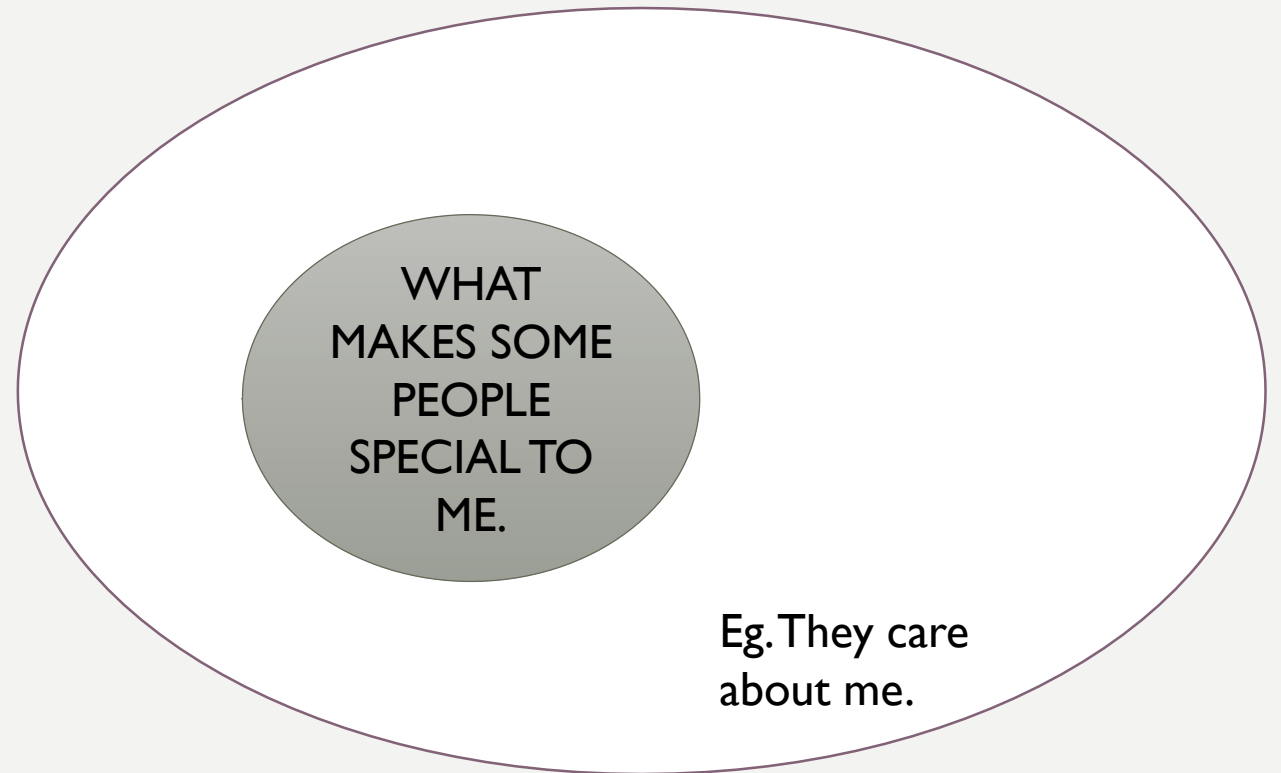


# WHO IS SPECIAL TO ME?

**Think** about the special people in your life (people you know well).

What do they do that makes them special to you?

You don't have to name anyone, but think about your own important people as you do this activity.



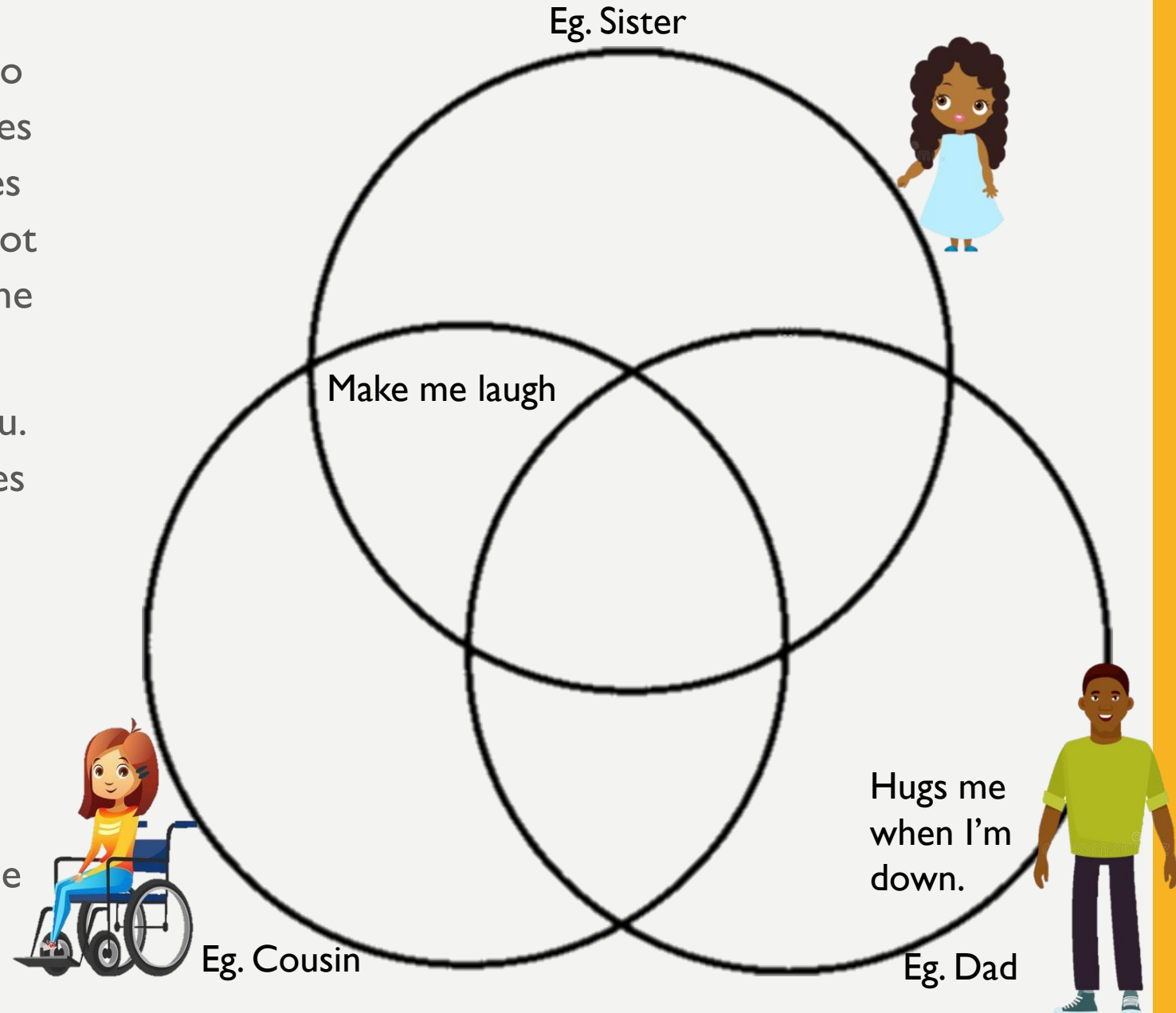
# COMMON QUALITIES OF GOOD RELATIONSHIPS

We all will have different people who are the most special to us, sometimes they are in our family and sometimes they are not. Sometimes they may not be blood related but they feel like the person you are closest to.

Pick 3 people who are special to you. Fill in this venn diagram with qualities these people have.

If you're not sure what should go in each section, make sure you ask.

After we are going to share what the most common qualities are.



# **SORTING ACTIVITY: WHAT QUALITIES ARE MOST IMPORTANT FOR POSITIVE RELATIONSHIPS?**

**Cheering each other up  
if one person is sad**

**Staying in touch**

**Talking to each other  
often**

**Helping each other**

**Sharing things**

**Living near each other**

**Listening**

**Not getting cross  
with each other**

**Remembering special  
times**

**Seeing each other often**

**Giving presents**

**Making each other laugh**

**Holidays or special days  
out together**

**Having fun**

In pairs, sort the statements from most to least important to make a good relationship with your family/friends.

There is no correct answer, everyone will value some things more than others. However, it will be interesting to see if most of us end up with the same things as the most important and least important.

**Giving hugs**

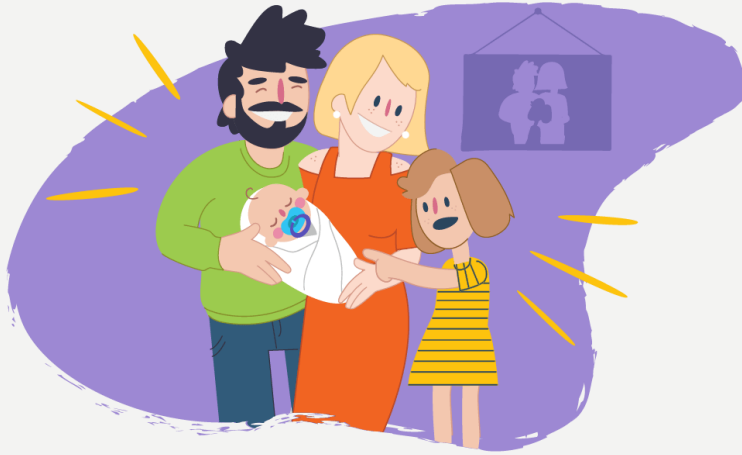
**Being the same religion**

**Being kind**

# DEALING WITH CHANGE IN RELATIONSHIPS

Sometimes things happen that mean a friendship or family situation changes. This might also mean that people don't see their special people as often, or as much, as they would like.

Can you think of any examples?



# WHAT ADVICE WOULD YOU OFFER IN THESE SCENARIOS TO MAINTAIN A GOOD RELATIONSHIP?

Libby and Alex have been best friends since nursery. They have always been in the same class in primary school and spend lots of time together out of school too. When they start secondary school, Libby meets Sunni. They really like one another and start spending time together. Libby wants Alex and Sunni to be friends too, but Sunni and Alex don't like one another very much. They both want Libby for a friend, but don't want to hang out with one another.

Dev and Chris are part of a big group of friends who always go round together. On their recent transition day to secondary school, their new class lists showed that they would be in different classes. Dev is with some of the rest of the group, but Chris only knows one other person in the class and they're not really friends.

Fiona is going to meet her dad's new girlfriend tonight and she is apprehensive. This is the first girlfriend he has had since her mum passed away. She wants to be welcoming but is also worried her life is going to change a lot.

# WHAT ADVICE WOULD YOU OFFER IN THESE SCENARIOS TO MAINTAIN A GOOD RELATIONSHIP?

Michael is really close with his twin sister, Anna. They usually do everything together, like going to the park or cycling, but last week Anna was injured and she will have to be in a wheelchair for a long time. Michael hasn't had much attention from his parents as Anna needs lots of help. He isn't sure what to do and is worried his bond with Anna will disappear now they can't play together in the way he is use to.

Jessica has found out her mum has accepted a job offer in Spain so she is moving to Spain with her mum and brother next month. She has friends here and can't yet speak Spanish. She wants to keep her friends but isn't sure how when she'll be so far away from them.

Naila and Robin are best friends and do everything together, in and out of primary school.

Now they have started different secondary schools. Robin's new school is up the road from where they live, but Naila's is a long bus journey away. Before they started their new schools they promised that they would keep in touch by texting or calling every day, and that they would see each other whenever they could. In the first week, Robin keeps texting Naila, but Naila hasn't replied. Robin wonders if Naila really wants to stay friends.

**HOW CAN WE  
MAINTAIN  
GOOD  
RELATIONSHIPS  
WHEN THERE  
ARE BIG  
CHANGES?**

**WHAT ARE 5  
THINGS YOU CAN  
DO THIS WEEK TO  
SHOW SOMEONE  
YOU CARE ABOUT  
THEM?**

# **POSITIVE RELATIONSHIPS**



**WHAT ARE THE MOST IMPORTANT QUALITIES  
FOR STRONG AND POSITIVE RELATIONSHIPS?**