



GRADES

6-12



LIFE SKILLS

- communication
 - negotiation
 - relationship building
-



TIME

10-15 mins



Building Strong Relationships

A Life Skills Lesson Plan Kit

- No-Prep Lesson Plan
- Printable Discussion Cards
- Classroom Poster



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LEVEL UP

Have students write their own scenarios, similar to the ones on the cards. Encourage them to come up with specific examples that apply to their lives.

Building Strong Relationships



Students will learn about building relationships at home, school, and in the community.

1 Introduce

DISCUSS Think about what the word relationship means to you. Try to name at least three types of relationships that exist in your life.

REMIND Not all relationships are romantic. A relationship can involve any two people who work, live or interact in some way with each other.

SHOW Review the poster: Three Characteristics of a Strong Relationship

ASK Why is having good relationships with others important? How are trust, respect, and support valuable?

SUMMARIZE Today we are going to learn how to build stronger relationships through trust, respect, and support.

2 Explore

OVERVIEW Let's explore some different scenarios with these discussion cards. Each one features a relationship between two different people.

SHOW After reading a scenario, think about each situation and what you can do to build trust, show respect, or gain support in the relationship. (Demonstrate an example from a card.)

DISCUSS Take time to discuss the different challenges, either in partners or small groups. If there's time, switch roles so you see multiple points of view.

SHARE Which relationships were most challenging? How did you come up with solutions?

3 Reflect

REVIEW Relationships that lack trust, respect, or support usually don't feel great and eventually may come to an end.

DEBRIEF Think about your past relationships. Which is harder to rebuild: trust, respect, or support? Why?

QUESTION What questions are there?

EXIT TICKET Think about an important relationship in your life. Is this relationship lacking trust, respect, or support? What is needed to help strengthen this relationship?



Building Strong Relationships



Discussion Cards

Teacher & Student

There's another student who keeps cheating off of you, and then your teacher accuses you of cheating. What do you say?

Coach & Player

You keep putting in extra practice time, but you don't see it paying off. How do you talk to your coach about this?

Employee & Supervisor

You've been working at the same place for a year and have never received a raise while other coworkers have. How do you talk to your supervisor about it?

Parent & Child

You want to go to a party or event that your parent will likely say no to. How do you convince them you can be responsible?

Worker & Customer

You need to make a return, but you've lost your receipt. How do you talk to a manager about why you should still get a return at their store?

Friends

You have a friend that always insists on doing what they want to do. They never want to do what you suggest. How do you bring this up with them?

Teammates

When picking partners for practice, you try to branch out to work with someone new. How do you approach them?

Siblings

You need advice from your older sibling about how to get on the good side of a teacher at school. What do you do?

Principal & Student

Your principal is asking you for feedback about a teacher that you and a lot of other students don't like. How do you answer?



Three Characteristics of a Strong Relationship

Think about the foundation for building a strong relationship. Three key areas include: Trust, Respect, and Support.

Trust

This happens with your own actions. For example: Following through on plans, keeping private information private, and showing people they can count on you. How do you show trust in your friendships?

Respect

Respect is about treating people with dignity and care. How can you show respect to your parents, coaches, and teachers? How can they show respect to you?

Support

This needs to be a two-way street. Support means both people are there for each other. How can you support your friends, and how can they support you?