

# 4 Relationship Qualities Activity Plan



*This activity is a side and can be delivered in one session.*

## Activity 4.1



Hand out the “Circles of Familiarity”.

Ask the young people to write down the names of all the people who are in their social domain, from people who are distant to people who are close to them. They can use different colours to represent the way they feel about that person.

### Resources

- Relationship Qualities Map
- Pens and/or coloured felt tips

## Activity 4.2



Explain that common sense and research show us that the more we care about other people, and the more other people care about us, the more resilient we are able to be.

In the worst situations, having one person who cares about us enough to check if we are OK can make a very big difference in how things turn out for us. And it doesn't even have to be the same person all the time.

Ask them to think of words that might describe what that relationship is like for them.

Look at the relationship words and words that belong to your relationships. Write them under the name of the person.

## Activity 4.3



Facilitate a discussion about positive and negative relationships. Just like people, relationships are rarely all good or all bad.

### Learning outcomes

- Understanding that relationships can help us and hold us back
- Sometimes we need to make decisions about who we want to spend time with