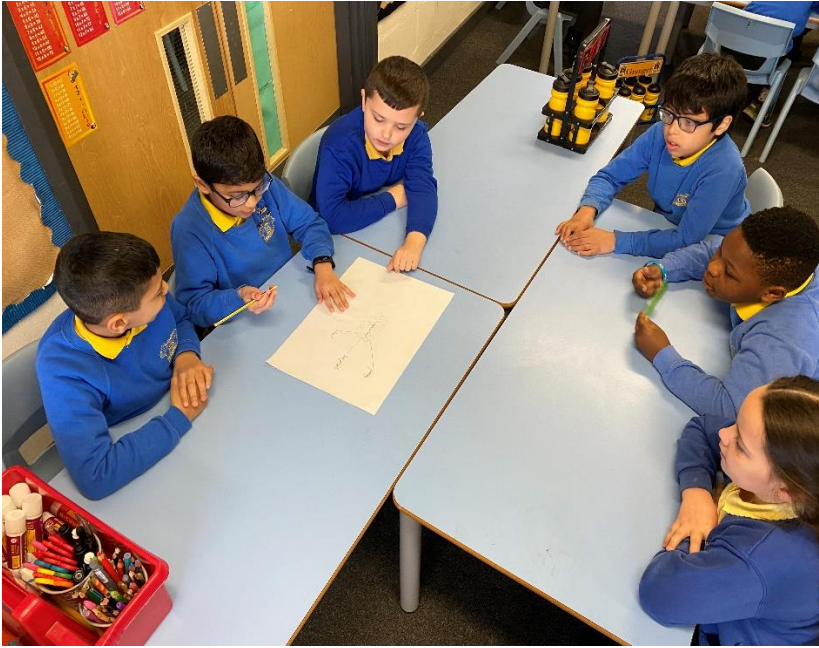
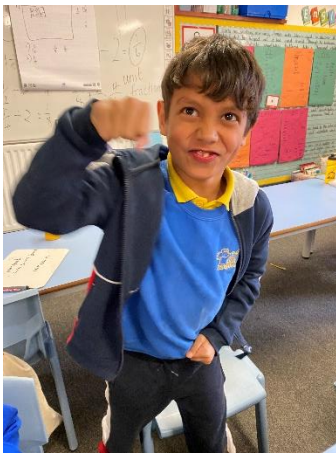


# How Do We Make and Maintain Healthy Relationships?



First, we spent time thinking about all the different relationships we have in our lives. These included family members, friends, teachers, shop keepers, doctors, nurses, police officers and many more. We also thought about how we behave differently in each of these relationships.

Using the Zones of Regulation, we explored our feelings and emotions and considered how our own behaviour and actions affect relationships.



Aggressive



Angry



Elated



Out of Control



We used the Discovery Education website to do our own research into how to be a good friend and how to maintain healthy relationships. Some important qualities we discovered include: good communication (especially listening), forgiveness, staying positive, having a growth mind-set, kindness and understanding.



We also looked at different friendship scenarios in which one or more people were upset or worried about something. We thought about how the people might be feeling and provided advice on how to solve their problems.



After we researched Conflict Resolution, we interviewed Police Officer Graeme about his job and how he handles conflict. We learned that effective communication can prevent situations from escalating and helps keep emotions in the Green Zone.



Working together with our friends, we created posters about how to be a good friend and how to keep relationships healthy. When choosing our team mates we thought about how to include and support members of our class who find group work challenging.





We considered our relationships with other people in our school and decided to show kindness to all the fantastic teaching assistants who help us every day



Finally, we put what we learned to the test by working in teams to make a model, explaining the pollination process in flowering plants, using Lego. We communicated, listened, supported, encouraged, included and, in some cases, forgave our friends.

