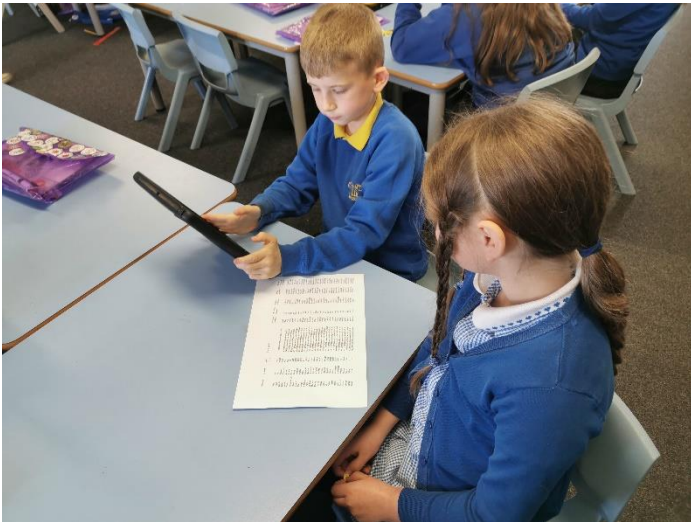
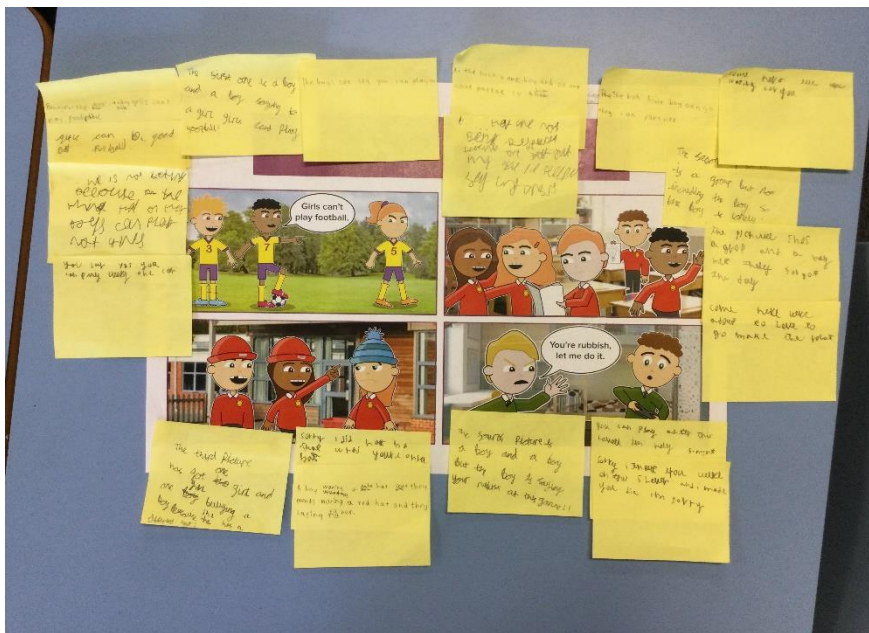


How can we make and maintain healthy relationships?

We carried out our own online research to answer the question: *How can we make and maintain healthy relationships?* We looked at what it means to be a good friend, and what qualities a good friend may have. We also discussed the different types of relationships we may have in our lives such as family, friends, and teachers.

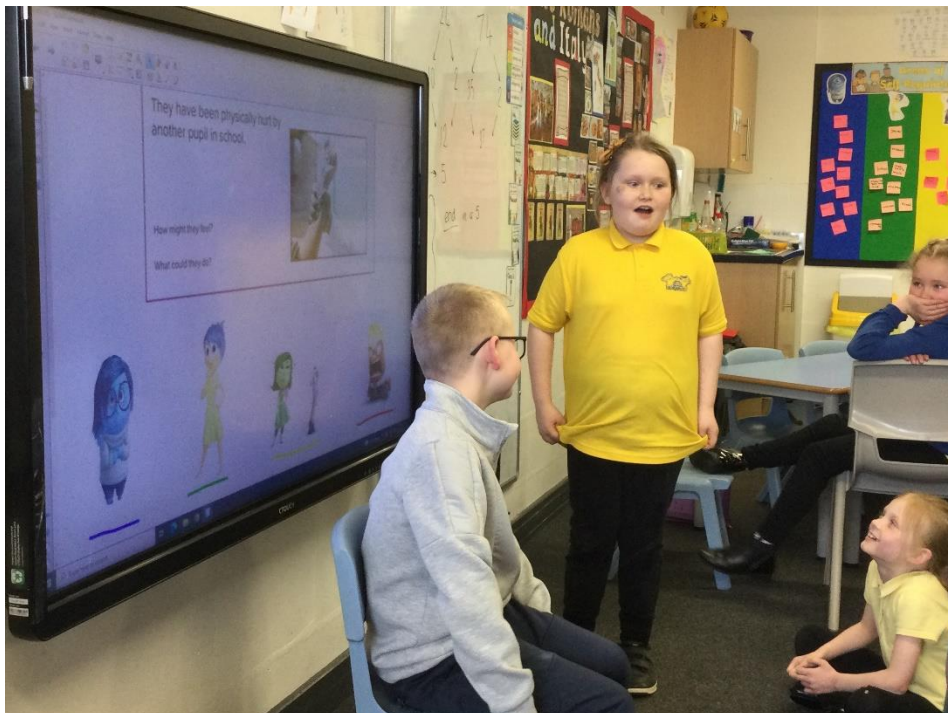
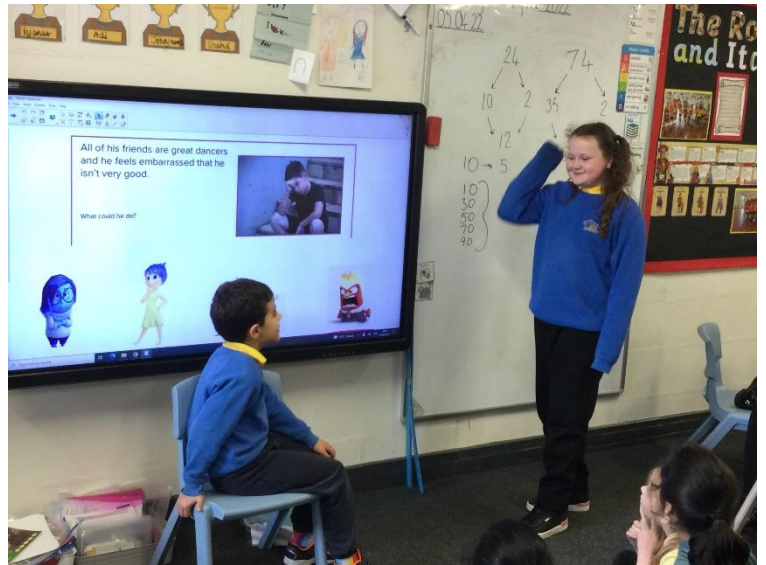


We learned about respect, and how we are responsible for being considerate and appreciative of our own relationships. We watched a video on the Discovery Education website and looked at scenarios in which people were being disrespectful. We then used what we had watched in the video and discussed how we could change them to be more respectful.



Next, we discussed how to manage our feelings through self-regulation. We talked about how some situations may make us feel, and what methods we could use to self-regulate ourselves. We did this using the Zones of Regulation and discussed how to 'Get back to Green' when we're in the red, blue or

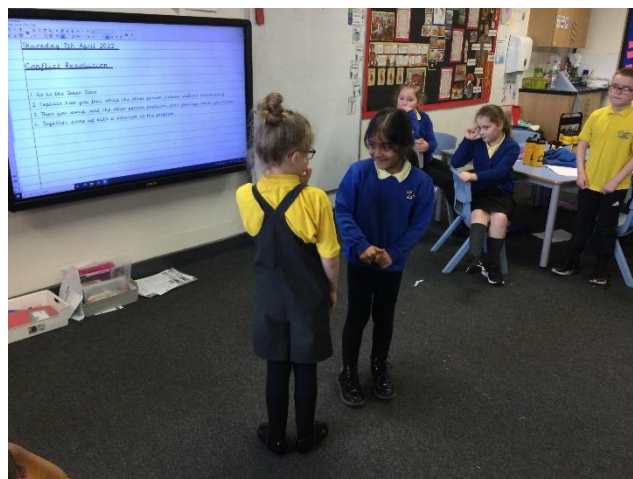
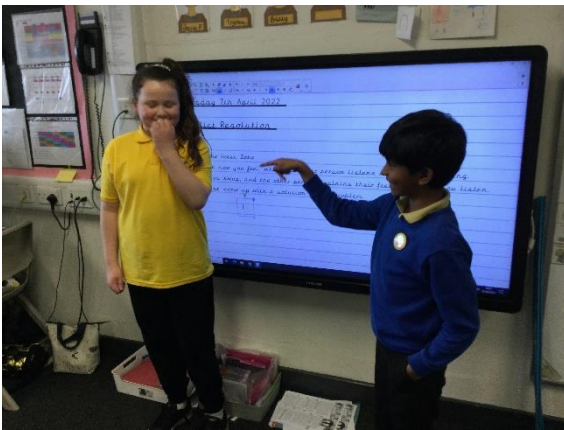
yellow zone. To demonstrate this, we did a little bit of 'hot-seating' to really try and understand the emotions we may feel.



After this, a police officer came to visit us! We spoke about communication, both verbal and non-verbal, and talked about ways to effectively communicate to people and convey our feelings.



This helped us to understand conflict resolution and what that means. We looked at some different scenarios that may cause conflict between friends. We then performed some role-play on how the children should effectively resolve this conflict. We had lots of fun putting our acting skills to use!



This is everything that we have discovered about being a good friend, having healthy relationships and how to maintain them!

A Recipe for Friendship

You will need:

- ♥ a pinch of happiness
- ♥ 1 handful of kindness
- ♥ 2 spoonfuls of gentleness
- ♥ 1 litre of sharing
- ♥ a teaspoonful of helpfulness
- ♥ 3 heaped tablespoons of laughter
- ♥ 50g of smiles
- ♥ a sprinkling of cheerfulness
- ♥ 100g of love



Method:

Mix all these together. Then you will have the perfect friend.

