

Materials	Paper, markers
Learning Outcome	Recognize and express how to build healthy relationships with others.

Description

Explain to the child that building healthy relationships with others is important in order to feel loved, safe, important, and happy. Relationships can be with family, friends, teachers, neighbours, teammates, and more. Share with the child that healthy relationships often have some specific qualities including mutual respect, kindness, trust, communication, boundaries, compassion, and empathy. Ask the child if they know the meaning of all of those words and provide them with a definition of words they are with which they are unfamiliar.

Ask the child to think about a healthy relationship that they have with a friend, or to think about what a healthy relationship should look like. Invite the child to draw a picture of themselves and the other person, also writing out all of the qualities that make the relationship healthy. Support early literacy learners with writing as needed. After the child has completed their drawing, ask them to explain what they drew and ask them why they chose to draw what they did.

On the back of the paper, ask the child to draw what they think an unhealthy relationship looks like, as well as writing out the qualities that make the relationship unhealthy. Qualities of unhealthy relationships include hitting, saying mean words, cheating, lying, bullying, etc.).

After the child has completed the drawing of an unhealthy relationship, discuss the differences between the drawings. Ask the child what they can do and who they can talk to if they think they are experiencing an unhealthy relationship.

Healthy Bodies Competencies



THINK

Students will develop cognitive skills and strategies that facilitate knowledge in regards, but not limited to: consent, boundaries, body awareness, and acceptance.



FEEL

Students will develop affective skills and strategies that facilitate the following, but are not limited to: healthy relationships, overall well-being, and personal choice.



ACT

Students will practice behaviour skills and strategies that facilitate the following, but are not limited to: personal hygiene health, accessing support resources, self-respect, and respecting the choices of others.



Reflection Questions

Reflection is important to support learning about healthy bodies. Consider asking the child the reflection questions below and discuss the answers together.

- *What do people say, do, or how do they behave that makes them a good friend?*
- *What do you say, do, or how do you behave that makes you a good friend?*