

## Relationship Skills Home Activity: Who Is Great at This?!

Ask someone older than yourself to partner with you for this activity. Think together about people you know who are very good at showing these relationship-building skills. Write the names of those people in the boxes below next to the skill they model so well.

Share stories or examples with each other about why you chose each person. Consider letting that person know that you admire their strengths in building good relationships, and ask them how they got to be good at it.

Relationship Skill	Person's Name
Compliments or congratulates somebody	
Does something nice for somebody	
Shows appreciation of others	
Greet a person in a polite way	
Attracts positive attention from peers	
Expresses concern for another person	
Attracts positive attention from adults	
Makes a suggestion or request in a polite way	
Offers to help somebody	
Shows care and support for another person's feelings	



## Relationship Skills Home Activity: Who Is Great at This?!

*Relationship Skills: The consistent performance of socially acceptable actions that promote and maintain positive connections with others.*

### Thoughts for adults supporting this project

Relationship skills, like skills in sports, the arts, and academic subjects, are carefully built by practice, practice, practice. The more intentional we are about noticing people who demonstrate positive relationship skills and sharing that with our children, the more they will grow in their ability to notice and name those traits themselves. Hearing that you value these ways of interacting with others supports your child's willingness to work at developing their relationship skills. It also can strengthen their appreciation of other students who are working on building their skills, too.

The purpose of this activity is to remind children that the skills we all use to build and maintain strong, healthy relationships are learned. We develop them by thinking about how we want others to receive us, and then by actively working to be open, caring, and supportive as we interact with others.

### Keep in mind

Your relationship with your child has more impact than many other powerful influences they encounter. While it often seems that our child's peers, teachers, or social media are heavily affecting them, it's helpful to remember that all of those relationships are measured against their "home base": you, and the caring community of family and friends that you build around them.

You help build a strong protective circle of adults and youth to whom your child can turn for advice or support by talking to them very directly about the people you value who treat others with kindness, respect, and caring attention.

### Reflection questions

What relationships have been really valuable to me over the years? How do I talk with others about the skills that helped me stay strong in those relationships over time? How am I helping my child develop positive relationships with others their own age? How am I helping my child develop caring relationships with people who are older than them, and children younger than them?

### Extension idea

Encourage your child to explain this activity at mealtime, and then invite him or her to ask each person at the table to share the name of a person they think is a good example of one of the Relationship Skills. Talk together about what you appreciate about the people who show effective Relationship Skills in daily life.

