



Why do we  
need  
relationships?

**Take it further:**

**THINK**

What curiosity questions can you ask?

*e.g. What is a relationships? What sort of relationships do you have in your life? Are some 'bigger relationships' than others? Why are they important?*

**FEEL**

How might different people feel about this?

*e.g. How do you feel in some of the relationships that you have (e.g. with your parents, your friends, your family?) What sort of emotions can relationships make you feel? How would you feel if you didn't have relationships?*

**CONNECT**

What links can you start to make?

*e.g. What is the difference between a relationship with someone you know well and with someone you don't know so well? Why are relationships important in our communities?*



## Activity ideas:

1. When you hear the word 'relationships', what are some of the thoughts and feelings that you have? Take some paper and (if possible) paints or colours and draw a picture to represent your thoughts and feelings about the different relationships in your life.
2. All of us have lots of relationships in our lives, some of them make us feel good about ourselves and some maybe a bit more tricky. As we grow up it is important to recognise which of our relationships are 'healthy' and which aren't, so that we can look after ourselves. So what makes a relationship 'healthy?'  
Take a piece of paper and make two columns, one called *Healthy* and one *Unhealthy*. Now write down all of the ideas that you can think of about what makes a relationship healthy or unhealthy. For example – "Feeling safe" is a healthy part of a relationship, "Feeling judged" is unhealthy.
3. Why not play a game of 'Healthy Relationships Bingo' by creating your own bingo cards using what you think makes a healthy relationships. Use this website to make your own bingo cards: [Make your own bingo cards](#).
4. Use some of the exploring ideas connected to the cartoon 'Rock Paper Scissors' to explore friendships and relationships: [Rock Paper Scissors](#)

*\*USE THE **THINKER'S GUIDE** TO HELP YOU*

What other activities could you do?

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