

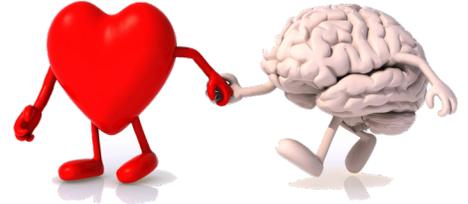
# Healthy Relationships Activity Guide Grade 3-5



# Know Your Neuro

## Video Quiz Questions

1. According to the video, what is the first step to creating healthy relationships? **Answer:** Having a positive view of yourself. When you think good thoughts about yourself, you are more likely to be kind to others and ask them to treat you the same.
2. What is positive self-talk? **Answer:** Saying kind, loving things to yourself, like 'I am kind. I am smart. I am a good person'.
3. According to the video, what is the second step to creating healthy relationships? **Answer:** Setting boundaries by telling others what you do and don't like, want, or need.
4. What does it mean to respect someone else's boundaries? **Answer:** Treating other people the way they want to be treated.
5. What is empathy? **Answer:** A frontal lobe skill that allows you to imagine what other people are thinking and feeling. This skill helps you have healthy relationships.
6. What might happen when we create new relationships when our frontal lobe is not fully developed? **Answer:** We might say mean things, do things that cross other people's boundaries, or say yes to doing something that makes us uncomfortable.
7. How can you have healthy, positive relationships with others while your brain is still growing? **Answer:** Practice healthy relationship skills.



## Classroom Activities

### Mirror, Mirror

Have students draw an outline of a mirror on a blank piece of paper. Inside the mirror, ask them to write positive self-talk statements that they can practice saying everyday.

### New Friend Questionnaire

Ask students to create a questionnaire they can use to get to know a new friend. Ask them what questions they could ask someone new to get to know them better.

### Healthy Relationship Skills List

Write your own list including how you do and don't want to be treated and what your boundaries are in a relationship. Use some or parts of the example below, but make it your own.

1. Practice positive self-talk.
2. Accept others for who they are. Don't try to change them.
3. Set your boundaries. Respect others' boundaries.
4. Be true to yourself. Don't change who you are just to fit in.
5. Be unselfish and kind.
6. See others' points-of-view, especially when in a conflict.
7. Do not do anything that makes you uncomfortable just because someone asks you to.

### What Would You Do?

In small groups, share pairs, or with the entire class, read the scenarios and discuss what you would do in these situations.

1. If an older person from a high school asked you out on a date, what would you do? What would you tell a friend to do if that happened to them?
2. If someone asks you for a naked picture of yourself and promised to keep it private, what would you do? Would you tell a parent or teacher? Why or why not?
3. If a new friend started to control you and limit who you could and could not talk to, what would you do?
4. How would you handle it if someone tried to touch you in a place that made you uncomfortable? What would you say?
5. If you set a boundary with a friend and told them you do not like to gossip, but they keep talking about other people behind their backs. What would you do or say?
6. If a classmate bullies someone in front of you, what would you say or do? Would you tell a teacher? Why or why not?
7. If a friend gets mad at you and says mean things that hurt your feelings, what would you do?

