

Relationship Building for Children



Positive relationships help children feel good about themselves and build a foundation for future social and emotional well-being.

- ♥ When I feel connected to the important adults in my life, I understand how others feel, solve problems, and get along with friends and family.
- ♥ When I feel comfortable, capable, and confident, I can be a friend and have a friend.

Relationship Building Suggestions:

****It is important to keep in mind adult-child relationships, but also child-child relationships****

What does a healthy relationship need? – Along with the children, develop a set of “rules” focused on how the group can work together to promote healthy relationships.

For example, *In our group we...are kind to one and other*

use hands for hugs and high-fives

share

celebrate what makes us unique and special

encourage our friends

Our Group Tree- Using the group tree template (or design your own ☺), develop a group tree that highlights all of the traits and values that are important to the group and necessary for establishing healthy relationships (i.e. honesty, respect, sharing, caring).

Have fun together! – Play games, sing songs, go on nature walks, have group picnics...children thrive when they are engaged and connected with one and other.

Consider games and activities that encourage children to work together and cooperate!

Fable of a Porcupine (or a story of your choice) - Story time is a favourite for many children. Consider stories that teach a lesson in friendship. For example, good and lasting relationships are built on accepting one another, learning to live with each other’s imperfections, and focusing on the positive qualities!

*Children could make their own porcupine out of playdoh and toothpicks.

Adapted from *Handle with Care – Promoting the Mental Health in Young Children*

Our Group Tree

