



# RELATIONSHIP SKILLS

The abilities to establish and maintain healthy and supportive relationships and to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, provide leadership, and seek or offer help when needed.

## I WORK TO HAVE HEALTHY RELATIONSHIPS.

Relationship Skills SEL Competencies	Pre-K - 2 <sup>nd</sup> Grades	3 <sup>rd</sup> - 6 <sup>th</sup> Grades
<p>1. Use positive communication and social skills to interact effectively with others.</p>	<ul style="list-style-type: none"> <li>• Use positive communication and behaviors such as taking turns, sharing, using compliments to encourage others, and paying attention when others are talking.</li> <li>• Effectively and appropriately communicates needs, wants, and ideas in a respectful manner.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates cooperative behaviors in a group (e.g., listens, encourages, acknowledges opinions, compromises, and reaches consensus).</li> <li>• Recognizes the difference between helpful and harmful behaviors in social, academic, and online settings.</li> <li>• Gives and receives compliments in a genuine manner.</li> <li>• Uses active listening skills to foster better communication</li> <li>• Demonstrates good sportsmanship plays fairly; is a gracious winner; is an accepting loser.</li> </ul>
<p>2. Develop and maintain positive relationships.</p>	<ul style="list-style-type: none"> <li>• Lists traits of a good friend.</li> <li>• Demonstrates the ability to make friends and sustain positive relationships.</li> <li>• Identifies multiple types of relationships they have with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies a problem in a relationship and determines the appropriate means of resolution (e.g., problem-solving process, peer mediation, adult assistance).</li> <li>• Recognizes the difference between helpful and harmful behaviors in a relationship.</li> <li>• Describes the impact of positive and negative peer pressure on self and others.</li> </ul>
<p>3. Demonstrate an ability to prevent, manage, and/or resolve interpersonal conflicts in constructive ways.</p>	<ul style="list-style-type: none"> <li>• Demonstrates respectful ways to apologize to others.</li> <li>• Begins to develop and practice the use of problem-solving and conflict resolution skills.</li> <li>• Recognizes that there are many ways to solve conflicts and practice solving problems using different methods including using "I" messages.</li> </ul>	<ul style="list-style-type: none"> <li>• Understands the difference between appropriate and inappropriate social skills.</li> <li>• Demonstrates an understanding of both sides of a conflict.</li> <li>• Explains different strategies (e.g., apologize, talking it out, seeking assistance) to resolve conflict.</li> </ul>