



# 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.**

## SEL Academic Integrated Strategies

### Pre-K-6 Integrated SEL Strategies Relationship Skills

- Build classroom structures that encourage positive relationships (e.g., 4 Corners, Inside-Outside Circle, Give One Get One, Stand Up, Hand Up, Pair Up, Mix Freeze Groups, Class cheers and chants, Echoes (ex: Teacher: “Macaroni and Cheese!” Students: “Everybody Freeze!”).
- Teach students to use “I” messages to communicate feelings in a conflict situation.
- Develop an Anchor Chart for “I” messages as a class.
- Provide a “peace” corner for students to de-escalate when upset.
- Give students a listening task (e.g., describe a process or task, then have students turn to a partner and explain what they heard).
- Thank students whenever they listen well and tell them specifically what they did well.
- Give students authentic, specific, and timely feedback for working well with others so they can reproduce the action in context.
- Use conflict resolution and problem-solving skills as a topic for a class meeting using role play scenarios to practice resolving conflicts peacefully.
- Have individual students take a turn to greet students at the door in the morning.

### Pre-K-6 STEM SEL Strategies Relationship Skills

- Use stories about mathematics and science-based situations as an opportunity to talk about problems characters face and how to resolve intellectual disagreements peacefully.
- Provide students with opportunities to apply the five-step approach to problem-solving in STEM scenarios.

### Pre-K-6 Healthy Lifestyles SEL Strategies Relationship Skills

- Model and reinforce effective communication, relationship skills, and conflict-resolution skills.
- Help students understand that a loss can be a valuable life lesson through “teachable moments” when playing games either in class or on the playground.

### Pre-K-6 Humanities SEL Strategies Relationship Skills

- Provide students with opportunities to problem solve by stating the problem clearly and providing ground rules to discuss the problem rationally to arrive at a solution.
- Have students’ role-play how to be a good friend to someone who appears lonely or sad or has a hard time making friends.
- Have students draw a picture of themselves and then pass the picture to their classmates. Other students write one thing about them that makes them a good friend.
- In groups, have students build ‘towers’ using only the materials provided. Have students discuss how they cooperated as a group to build the tower.
- Have students read a story or history lesson that demonstrates conflict. Discuss the cause-and-effect relationship of the conflict.