



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

7-12 Integrated SEL Strategies Relationship Skills

- Teach and practice a six--step approach to problem solving: (1) identify the problem; 2) brainstorm solutions; 3) evaluate the solutions; 4) put the solution into action; 5) evaluate the outcome, 6) affirm, forgive, or thank.
- Have students write alternative endings to stories through changing the behavior of one character.
- Conduct class meetings in which students are given the opportunity to support each other and validate their emotions.
- Have students participate in cooperative learning structures that build partners and teams: Think-pair-share or Turn & Talk, Numbered Heads Together, Round Robin, Round Table, Talking chips, Small group roles (i.e., task master, materials monitor, timekeeper, reader).
- Have students discuss a topic, either as a class or in small groups, then use reflective listening to paraphrase key discussion points.
- Invite a representative from a human resources department to speak about the implications of social media on hiring practices. Have students respond by writing a social media pledge for themselves, outlining how they will use social media responsibly.
- Provide students opportunities to practice positive peer support through class meetings, small groups, and school-sponsored activities.
- Have students write and perform conflict resolution skits.
- Have students research and write a paper on how conflict resolution is portrayed in the media.
- Ask students to identify at least one person to provide support when dealing with a conflict.
- Provide sentence starters for students to use in a class discussion over an issue that must end in a win-win for the class to be successful.