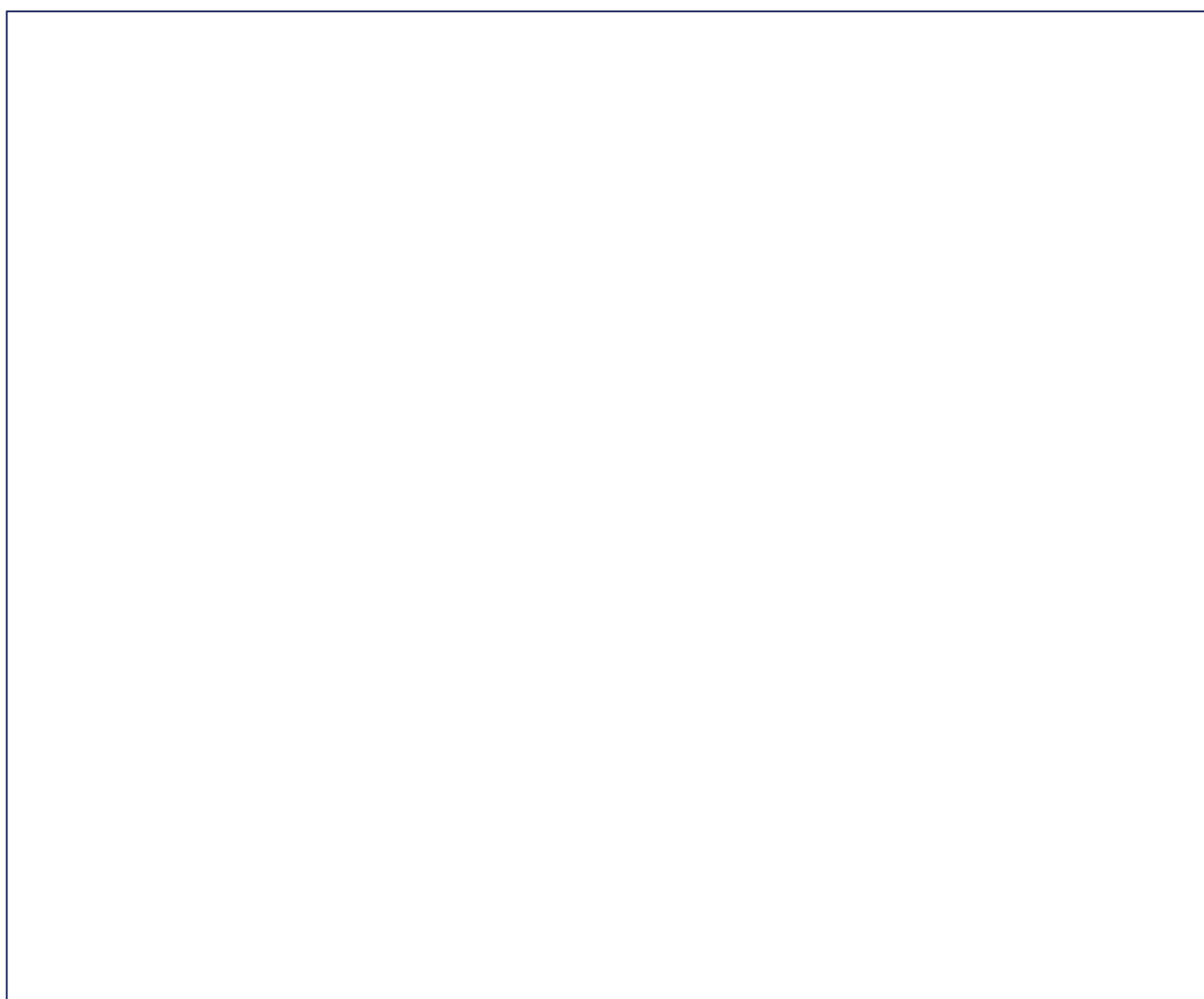


## Building Strong Connections: My Relationship Map

*Learning objective: To identify and describe the qualities that make for healthy, positive relationships with friends, family, and the community.*

Use this sheet to create a visual map of the people in your life. Think about what makes a relationship healthy and supportive, then use the space below to draw your 'Relationship Web'.

**Draw:** Draw a large tree in the centre of your page. The trunk represents 'Strong Relationships'. Draw branches reaching out, and on each branch, draw a leaf for a person you have a positive relationship with (e.g., a family member, a teacher, or a friend). Near the roots of the tree, draw symbols or write the words from the word bank to show the values that help these relationships grow. Use bright colours to show the happiness these connections bring to your life.



*Label words: Trust · Respect · Honesty · Empathy · Kindness · Listening · Support · Boundaries*

### Steps:

1. Identify one person you trust and explain one quality they have that makes your relationship feel safe and positive.
2. What is a 'boundary' in a friendship, and why is it important to respect the boundaries of others?
3. If a disagreement happens with a friend, what is one helpful action you could take to resolve it calmly?

4. How does showing empathy change the way we interact with someone who is feeling upset?
5. List three qualities from the word bank that you think are most important for building a long-lasting friendship.