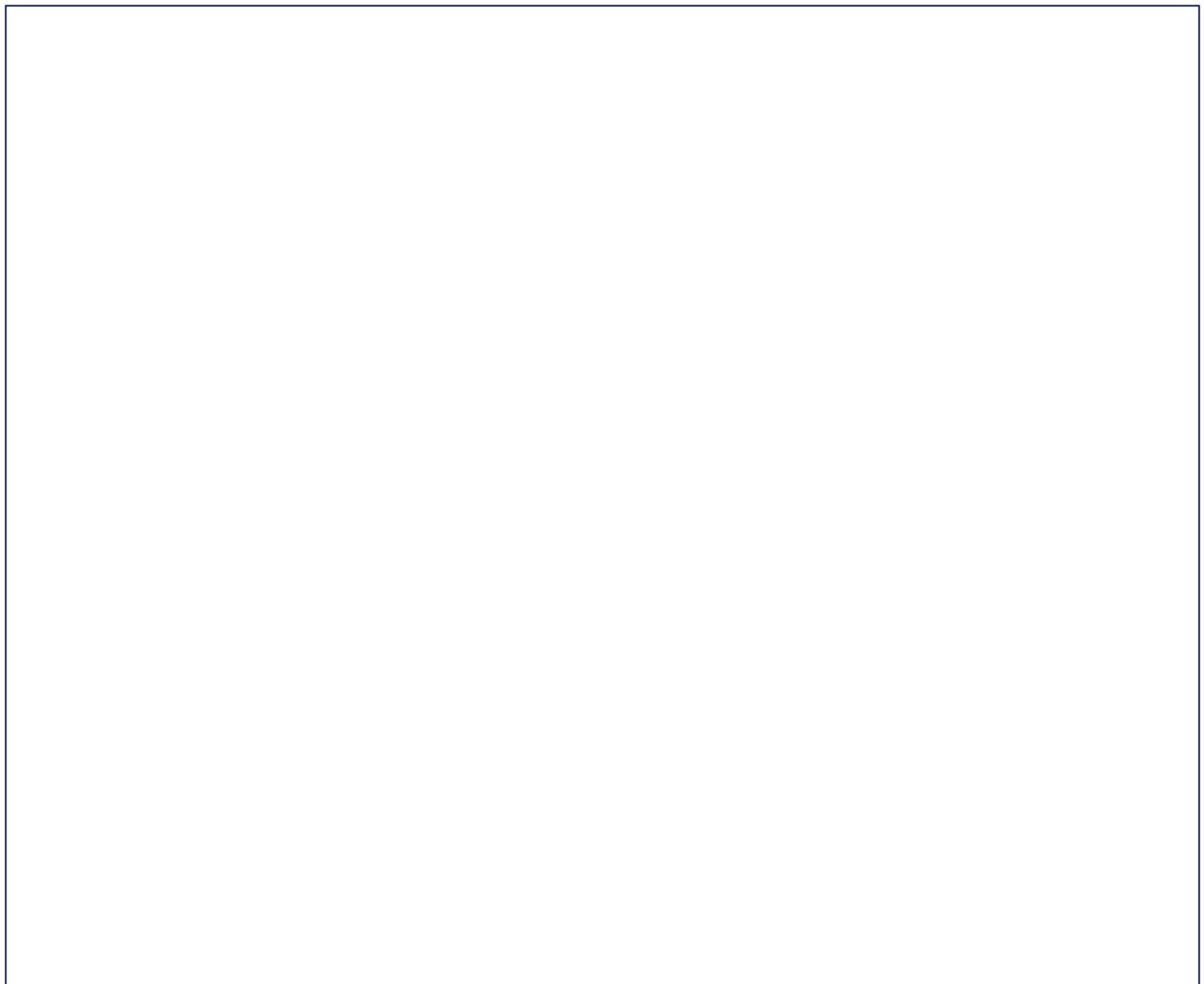


Mapping Our Connections: A Relationship Portrait

Learning objective: To identify the characteristics of positive, healthy relationships and understand how we connect with others in our community.

In the space below, create a visual 'Relationship Map'. Place yourself at the centre and draw the people, groups, or communities that form your support network. Use symbols, colours, and the provided word bank to label your drawing, showing the qualities that make these relationships strong and healthy.

Draw: Create a 'Relationship Map' in a central, circular style. In the centre, draw a representation of yourself. Radiating outwards, draw shapes (circles, stars, or clouds) representing different people in your life. Use a variety of colours to represent the 'energy' of the relationship. Include small icons or symbols next to each person that represent a shared interest or a positive memory. Ensure the overall style is clear and neat, using the provided word bank to label the connections.



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

Steps:

1. Step 1: Draw yourself in the centre of the page. Around you, draw circles representing friends, family, and community members. Label each circle to show who they are.

2. Step 2: Use coloured lines to connect yourself to these people. Choose a different colour for different types of relationships (e.g., blue for family, green for friends).
3. Step 3: Select three words from the word bank and write them along the connecting lines to describe what makes those specific relationships healthy.
4. Explain why 'boundaries' are an essential component of a healthy friendship. Provide an example.
5. Compare and contrast a relationship with a classmate to a relationship with a family member. What are the similarities and differences in how you show respect?
6. Justify your answer: Why is 'Active Listening' more effective for solving a disagreement than simply talking over someone?