

# Getting Plugged In

## Key Skill: Relationship Building Skills / Support Systems



1 - 2

The 1st and 2nd grade visual metaphor is about collecting things. People, both adults and children, enjoy collecting different things. We explore some different examples and discuss why people have collections. We use this discussion to introduce the importance of relationships in our lives and how all of us have a collection of relationships that help us in different ways.

Recognizing and using our own collection of relationships is an important strategy to help us throughout our life. Every grade level will use the concept of identifying, building, and strengthening relationships as a broad category for identify relationship building strategies.

### Key Objectives

- I can name people in my life that can help me at home and at school.
- I can give examples of strategies to build and strengthen relationships



3 - 4

The 3rd and 4th grade visual metaphor will focus on the battery charge on a cell-phone. People start their day with a phone fully charged and as they use it throughout their day, the battery drains away. To recharge the battery you have to charge the phone. We also start the day with a certain amount of energy and motivation, but as we do, our own motivation and ability to handle hard things starts to drain.

We can plug ourselves into the relationships in our life to help motivate and support us. We teach the importance of relationships. We also explore what it looks like to identify, build and strengthen relationships.

### Key Objectives:

- I can explain what a positive relationship is.
- I can name people in my life that I have a positive relationship with and can help support me.



5 - 6

The 5th and 6th grade visual metaphor focuses on the energy meter on a character in a video game. A character in a video game has tasks, challenges, and interactions that drain the energy meter. The character has to find a way to refill the energy meter in order to keep moving on.

We start the day with an energy meter, but as we go about our life, our own motivation and ability to handle hard things starts to drain. We can refill our energy meter using the relationships in our life as support. They help motivate us and support us. We teach the importance of relationships. We explore what it looks like to identify, build and strengthen relationships.

### Key Objectives:

- I can explain what a positive relationship is.
- I can identify (name) people in my life that I have a positive relationship with and can help support me.

with people at home and at school.

- I can ask for help from people in my life.
- I know what adults I can trust in my life.

- I can build positive relationships through showing respect, including others and standing up for my peers.
- I can strengthen my relationships by being a support to people in my life and using listening strategies such as using appropriate body language, asking questions, and not interrupting.
- I can ask for help from people that I have a positive relationship with.

- I can explain how relationships in my life help me every day.
- I can build relationships by showing interest in other people and using my interests, passions and hobbies to connect with other people.
- I can strengthen my relationships by listening to others, giving time, showing respect and valuing the positive relationships that I have.