

# Social Emotional Learning

## Lesson 9: Relationship Skills Supplementary Activities



## Pre-school:

### **Poster of Our Family Rules**

Create a Poster of 'Our Family Rules'. You may use pictures which you can draw or choose from the template provided.

Talk to your child/children while you do this about sharing, helping and playing with others. Cut and stick the pictures, add a title and display on the fridge or door.

See **Appendix A** for an example.

## Age 4-7:

### **Decision Wheel (for Taking Turns)**

Make a circle and divide it up into quarters (**Appendix B** has a template with four spaces). On it ask your child/children to suggest ways to decide who goes first in the game. Write the best suggestions on the wheel. Your list might include:

- Rock, Paper, Scissors
- Role a die
- Flip a coin
- Letting the person who lost go first

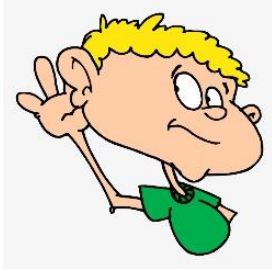
You may make more spaces by drawing more lines across your circle. Add the arrow with a clasp in the centre allowing for it to spin. Practice using your decision wheel when it comes to turn taking in games at home. Leave it somewhere where your child/children can find it. Ask them to use it to help them with taking turns in games.

## Age 7-11:

### **Using The Golden Rule**

Talk with your child/children about the 'Golden Rule' – 'Treat others the way you want to be treated'. Chat about the way this can be used to change how we approach problems we might have. If we stop and use this rule we change how we act. Use the situations provided in **Appendix C** to give examples of when the rule might be used. For each situation talk about how your child/children would feel and how the other person would feel too. Knowing how everyone feels is the first step to solving a problem. If your child uses the 'Golden Rule' for each scenario it might change the way each scenario plays out.

## Appendix A



Listen to adults and do what they say!



Say Please and Thank You.



Go to bed on time.



Play nicely with your brother or sister.



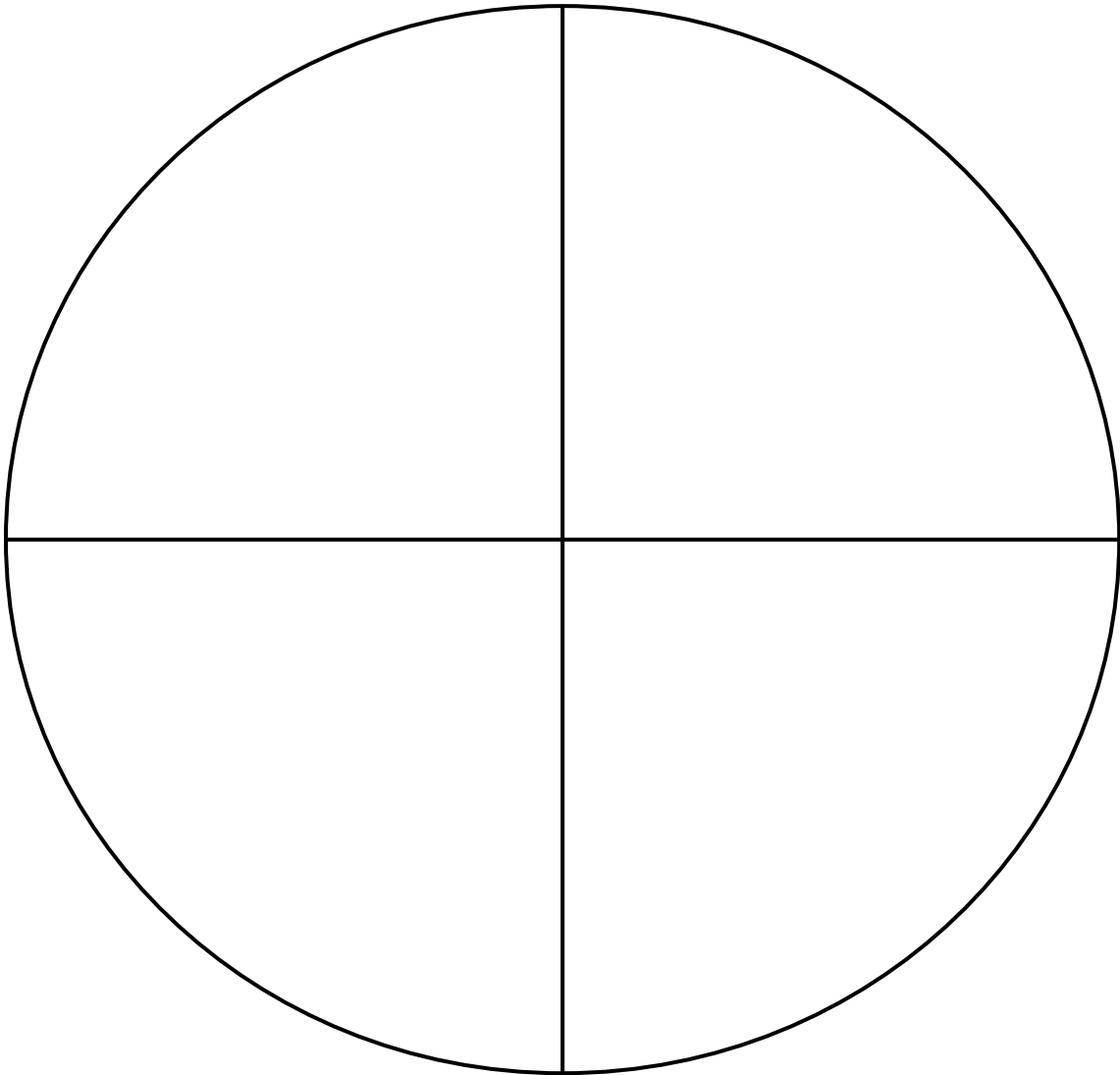
Help to tidy up your toys.



Share with each other.

# Appendix B

## Decision Wheel



## Appendix C

### How can you use the Golden Rule?

<p>You bump into someone by accident.</p>	<p>You borrow a book from a family member and lose it.</p>	<p>You don't like what is made for dinner.</p>
<p>You are sent to bed but want to stay up and play on the Xbox or PlayStation.</p>	<p>You aren't allowed outside to play.</p>	<p>You are given chores to do but you don't like them.</p>
<p>You are asked to redo your homework because it's untidy</p>	<p>You are in the bathroom and someone else wants to go</p>	<p>Your family vote on a movie but it's not your choice</p>