

## **Topic: Building Relationship Skills**



**Learning Objectives** - Students will be able to:

- identify characteristics and/or behaviors needed to build healthy relationships

### **Materials**

- Pen or pencil
- Color pencils, crayons or markers
- Handout titled "Characteristics of a \_\_\_\_\_"
- Videos found on the Aaron Judge ALL RISE Relationship Skills page
- Vocabulary list found on the Aaron Judge ALL RISE Relationship Skills page

### **Lesson Plan**

1. Watch the videos found on the Aaron Judge ALL RISE Library on SEL - Relationship skills page
  - Have a class discussion - What qualities did each leader have that allowed them to have positive relationships with their peers?
2. Review the vocabulary list found on the Aaron Judge ALL RISE Library on SEL - Relationship skills page.
  - Read the directions and complete the first problem together.
  - In small groups, students will read and discuss scenarios and the best course of action.
  - Encourage small groups to share their responses with the class.
3. Pass out the "Characteristics of a \_\_\_\_\_" assignment
  - Decide which relationship you want your students to focus on. Will it be a friend? A teammate? A classmate? A neighbor?
  - In small groups, students will discuss and agree on the qualities and characteristics they would want in a classmate, friend, etc.
    - For example, Aaron Judge lists Tyler Wade as one of his favorite teammates because "he was always smiling, whether he was playing or not. He brought a lot of energy, he loved being a Yankee."
  - There is a space for students to draw an illustration of this person.
4. Ask small groups to share their responses to the class.
  - Discussion - Which quality, characteristic, or behavior did small groups have in common?
  - Write common answers on the board.

### **Debrief Question**

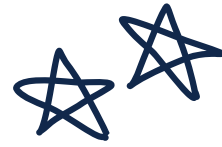
How will you commit to building healthy relationships with with your peers? What specific skills, behaviors, characteristics, or qualities will you exemplify?

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Characteristics of a Friend



**Directions:** What characteristics would you want in a friend? Do you want a friend who is good listener? Someone who respects you? Another way to think about this is, how would you be a good friend to someone else? List six trait, qualities, or characteristics and why they are important to you.

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

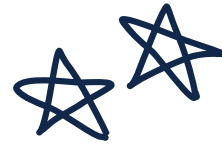
Why is this important to me?

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Characteristics of a Teammate



**Directions:** What characteristics would you want in a teammate? Do you want a teammate who is positive under pressure? Someone who communicates clearly? Another way to think about this is, how would you be a good teammate to someone else? List six trait, qualities, or characteristics and why they are important to you.

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Characteristics of a \_\_\_\_\_



**Directions:** What characteristics would you want in a \_\_\_\_\_? List six trait, qualities, or characteristics and why they are important to you.

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?

Characteristic:

Why is this important to me?