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If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Relationship Building](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

SEL IN A SNAP

Relationship Building

Session Objective:

*Students will identify ways to build positive relationships.

Materials:

*Handouts, scissors, pencils, stapler.

Guiding Questions:

*What are the different ways to build relationships?

*What are some things that can damage a relationship?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Social Skills: Positive, respectful, and supportive relationships with students who are similar to and different from them. (B-SS 2)

SEL Competencies:

*Relationship Skills: Relationship Building.

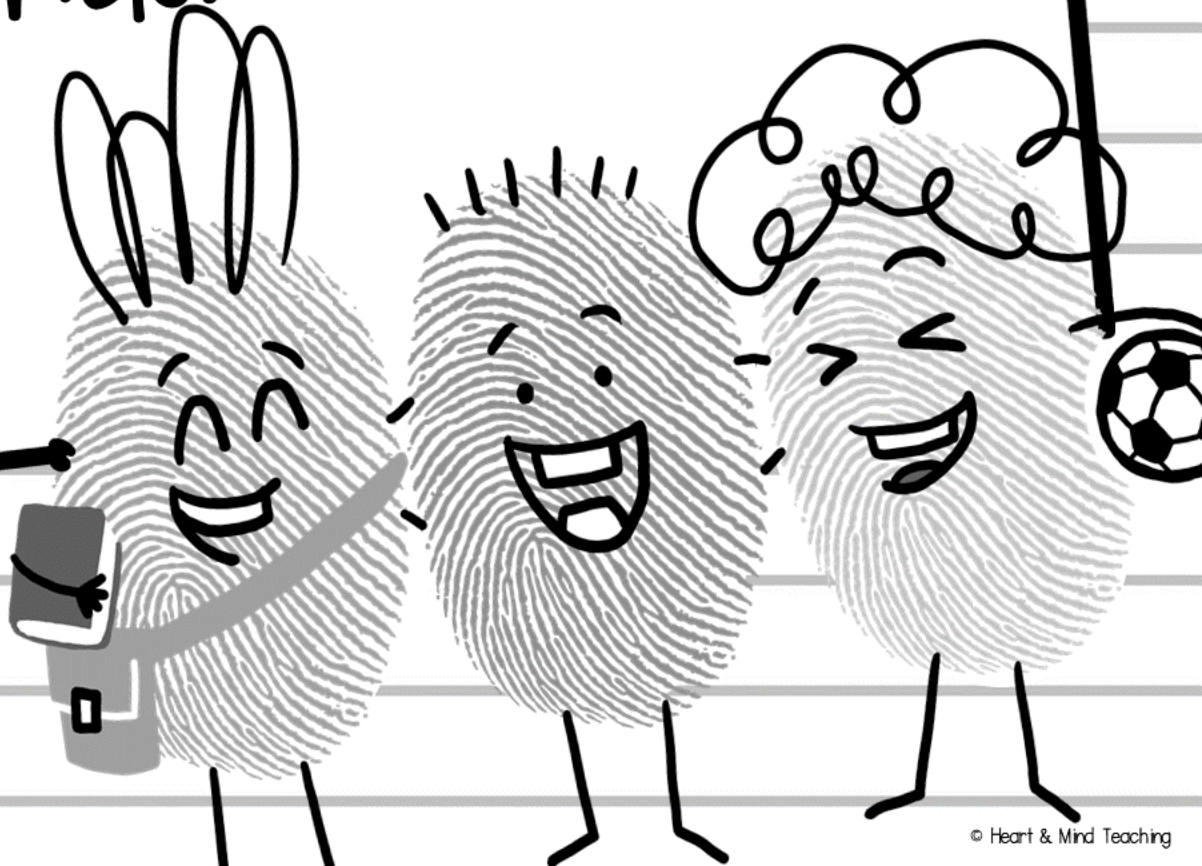
Session Details

*Prepare the workbook in advance. Print all pages and cut down the middle, in half, then put the pages back to back and staple them together forming the workbook for each student. Based on how much time you have, or the developmental level of your students, you may want to leave out a few emotions and focus on the ones you find most important.

*Say "Today we are going to learning how to build positive relationships. Relationship building means understanding personal characteristics and behaviors that help in making and keeping friends. We need to build relationships in which people know and trust us. Our relationships give meaning and richness to our lives. People who have healthy relationships are more likely to feel happier and satisfied with their lives." "Let's look at your workbook, you will see on the third and fourth pages, positive character traits that are wanted in a friend, and things to do that help prevent and resolve friendship issues." Go through each page that talks about a different way to build positive relationships. "The first way is to share." Go through how to share and why it is important to share with others to build those positive relationships. On the next page, have students write or draw what how sharing feels to them and an example of when they have shared successfully before. Go through the rest of the ways to build positive relationships.

Relationship Building

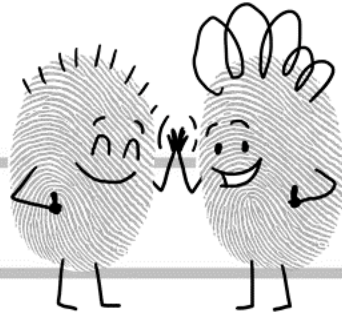
Understanding personal characteristics and behaviors that help in making and keeping friends.



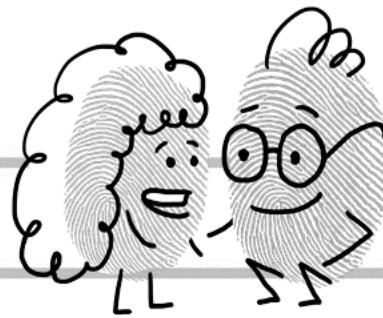
Relationship Building



Share



Compromise



Be helpful



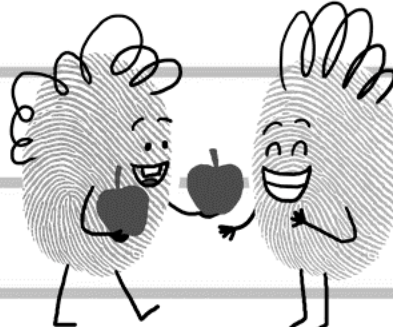
Caring



Spend time together.



Apologize



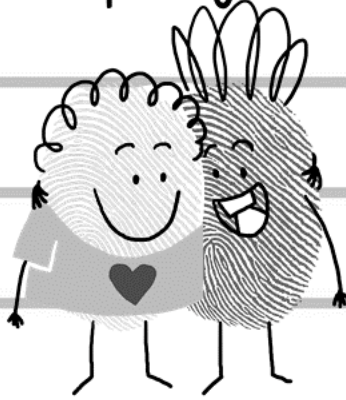
Giving



Communication



Trustworthy



Loyalty



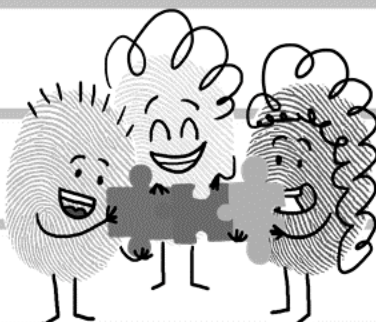
Reliable



Forgiving



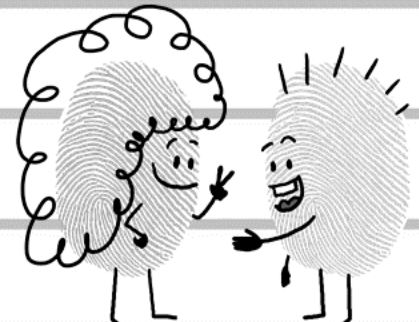
Commonalities



Conflict resolution

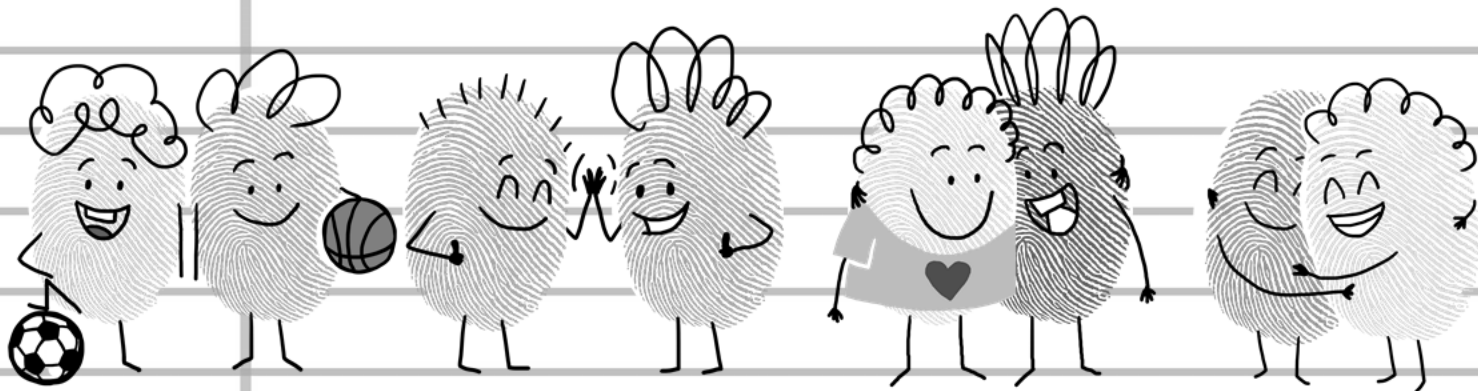


Stay in touch



Listening.

Relationship Building

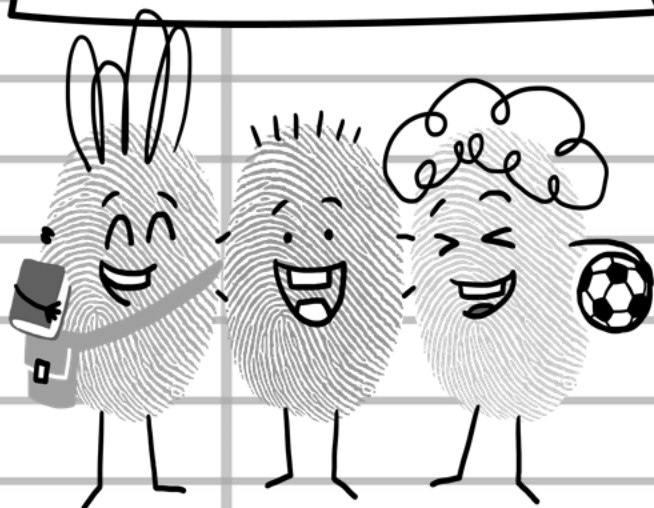


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Relationship Building:

Understanding personal characteristics and behaviors that help in making and keeping friends.



Why is it important?

We need to build relationships in which people know and trust us. Our relationships give meaning and richness to our lives. People who have healthy relationships are more likely to feel happier and satisfied with their lives.

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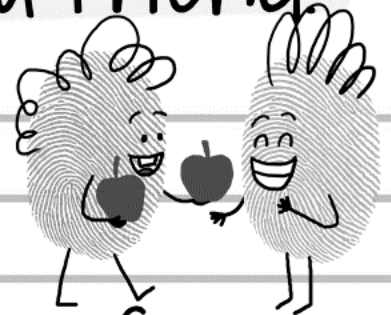
Positive Character Traits that are wanted in a friend



Caring



Share



Giving



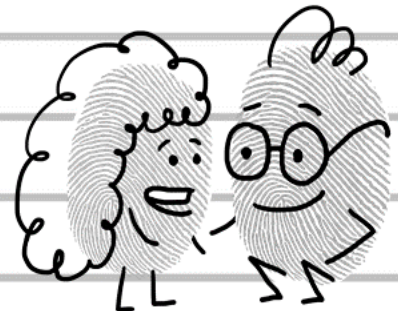
Trustworthy



Loyalty



Reliable



Be helpful



Resolving & Preventing Friendship Issues



Spend time
together



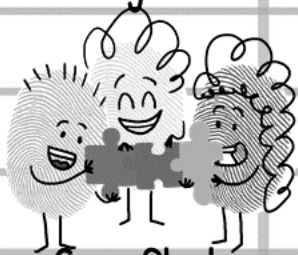
Apologize



Communication



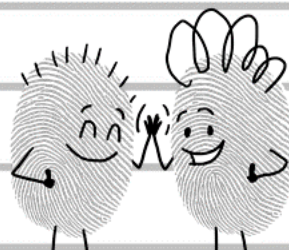
Commonalities



Conflict
resolution



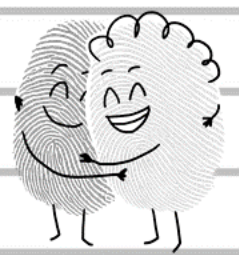
Listening



Compromise



Stay in
touch



Forgiving

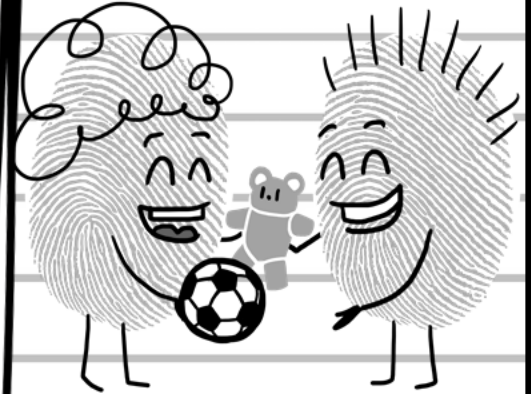


Relationship Building

SHARE

How does it help?:
Sharing helps to make and keep friends, play cooperatively, and to take turns. Sharing teaches about compromise and fairness. You learn that if we give a little to others, we can get some of what we want too.

How to do it: Sharing is a key part of getting along with others. When you are playing with a toy and someone else wants it, consider sharing that toy and possibly making a friend by doing so. Playing together is often more fun than playing alone.



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SHARE

Think of a time that you shared with others.
Explain what happened.

This is how I feel when others share with me:



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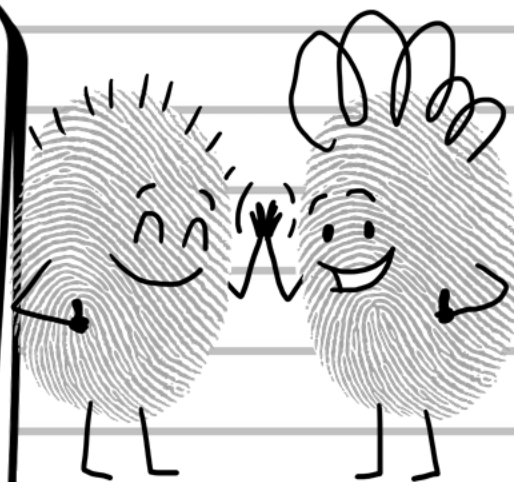


Relationship Building

COMPROMISE

How does it help?:
Compromising helps to ensure a peaceful environment and continued friendship. It helps smooth over conflicts. It is the give and take necessary to create a balanced situation to end a disagreement.

How to do it: When having an argument with a friend, make an agreement where both you and your friend get something that you want. This may mean that both of you have to give up part of your demand but you find a mutual understanding.



COMPROMISE

Think of a time that you made a compromise.
Explain what happened.

This is how I feel when others compromise with me:



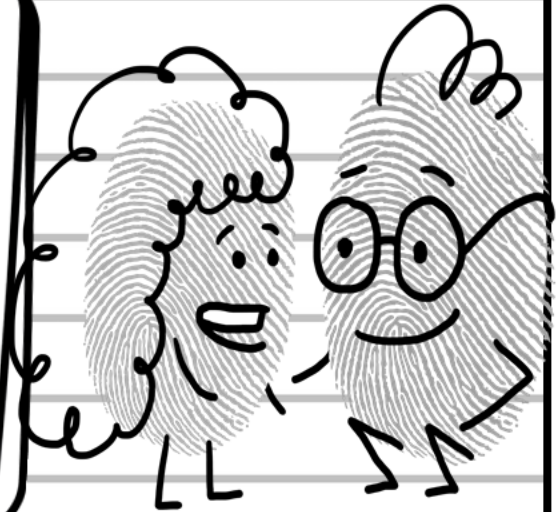


Relationship Building

BE HELPFUL

How does it help?:
Helping not only contributes to the happiness of others, it can also help us to feel happier. Helping others can also improve our relationships.

How to do it: Find ways to make things easier for others, like holding the door for them, offering help if they are struggling with something, picking up a book that someone dropped on the ground, giving advice, and random acts of kindness.



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BE HELPFUL

Think of a time that you helped others. Explain what happened.

This is how I feel when others are helpful towards with me:



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Relationship Building

CARING

How does it help?:
It strengthens our relationships and develops meaningful emotional connections with others. When we show care to those around us, we are telling them that they are important to us and they matter.

How to do it: Caring people go out of their way to make others feel special, to make them happy or feel more confident in themselves. They give a hug when needed, offer help, ask if someone is okay, treat others with kindness, empathy, and compassion.



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CARING

Think of a time that you were caring towards others. Explain what happened.

This is how I feel when others show me they care:



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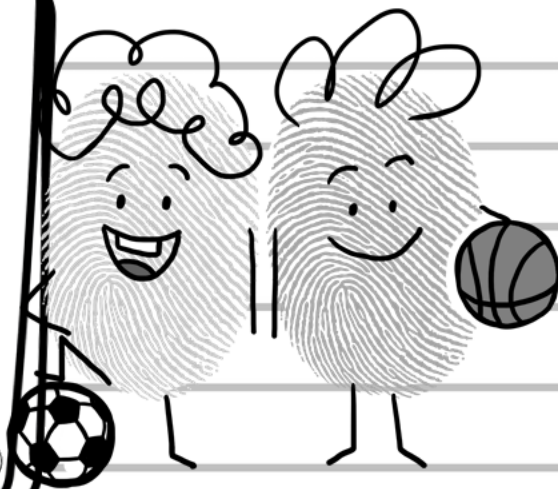


Relationship Building

SPEND TIME TOGETHER

How does it help?:
It creates an opportunity to have shared interests and have fun and laugh in each other's company. This is a great way to strengthen your friendship, which is often the foundation of any relationship.

How to do it: No matter how small, shared experiences create moments of belonging, as well as offering opportunities to take our relationships to even greater levels of trust and closeness. Play a game, watch a movie, sit and talk, listen to music, whatever it is, just do it together.

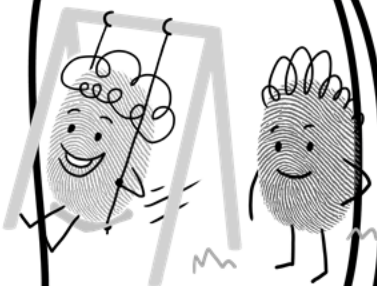


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SPEND TIME TOGETHER

Think of a time that you spent time with a friend. Explain what happened.

This is how I feel when friends spend time with me:



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Relationship Building

APOLOGIZE

How does it help?:
To truly heal a relationship, you must exchange apologies. Each person acknowledges their responsibility, and they create a plan to avoid future misunderstandings.

How to do it: Say you're sorry. Say what it is that you're apologizing for. Be specific. Show you understand why it was bad, take ownership, and show that you understand why you caused hurt. Don't make excuses. Say why it won't happen again. If it's relevant, make amends.



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APOLOGIZE

- Think of a time that you apologized to someone.
- Explain what happened.

This is how I feel when others apologize to me:



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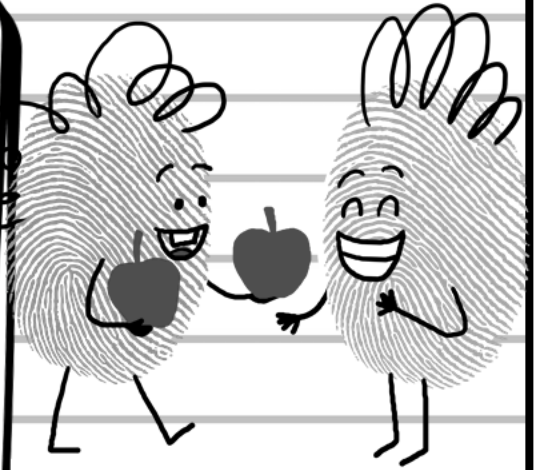


Relationship Building

GIVING

How does it help?:
When you give to others, you are more likely to be rewarded, and receive something in return. Such exchanges represent the base for other positive emotions and values, such as trust, cooperation, and happiness.

How to do it: Giving to others can be gifts, homemade or purchased. It can also be giving of your time by helping others or teaching them a skill or talent you have. Someone who is giving is always willing to go the extra mile to help when needed.



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GIVING

Think of a time that you were generous towards others. Explain what happened.

This is how I feel when others are giving towards me:

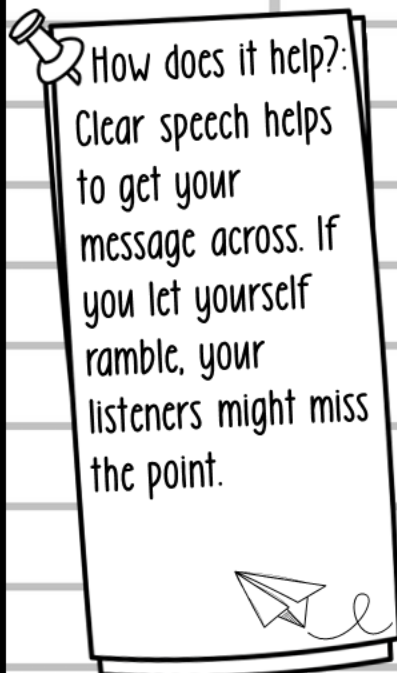


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Relationship Building

COMMUNICATION



How to do it: Think before you speak, make good eye contact, speak clearly and be concise, reflect back what they said, keep arms open (not crossed), and be aware of non-verbal cues (gestures, facial expressions, posture).

I feel...



COMMUNICATION

Think of a time that you communicated something well to others. Explain what happened.

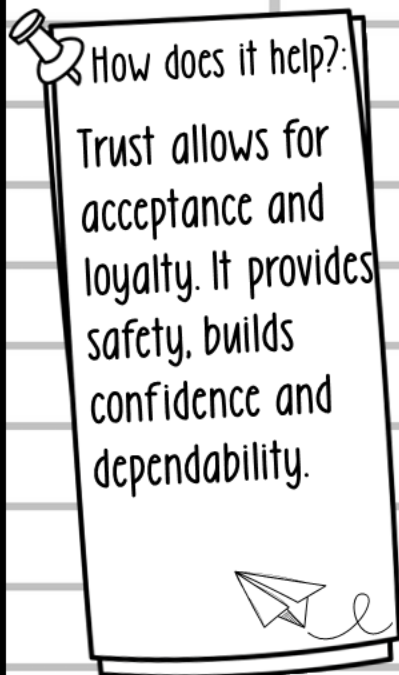
This is how I feel when others communicate well to me:



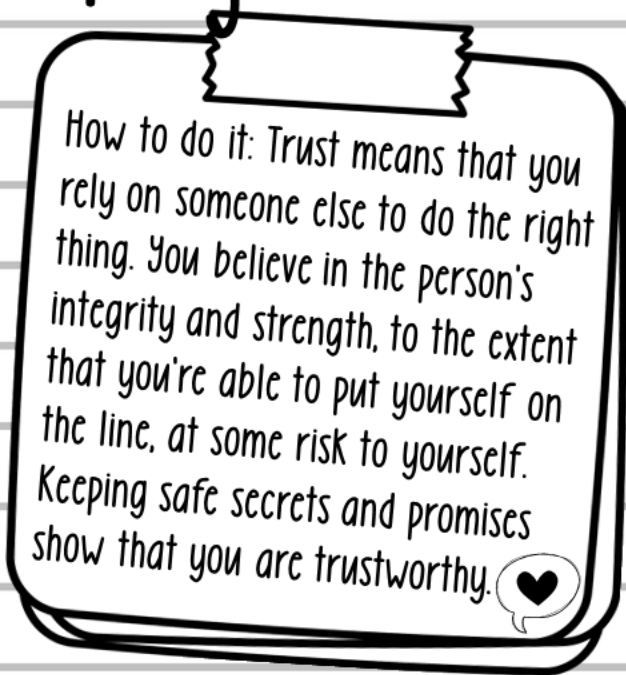


Relationship Building

TRUSTWORTHY



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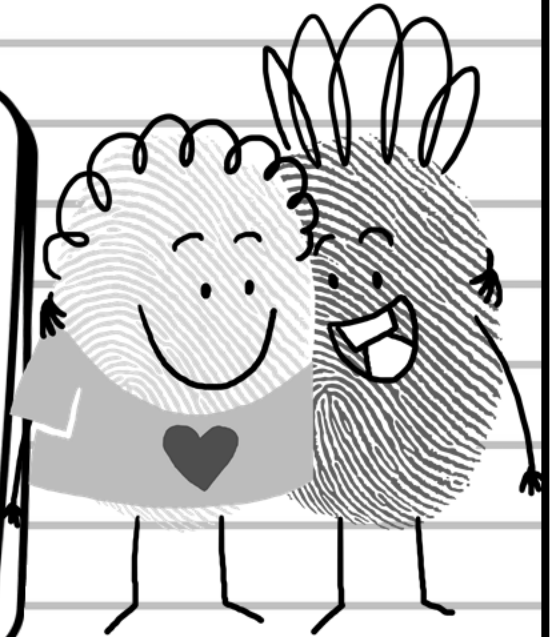


Relationship Building

LOYALTY

How does it help?:
Loyalty allows people to trust each other, build strong connections and foster a sense of belonging. It is an unspoken bond that transcends beyond words and creates a deep connection.

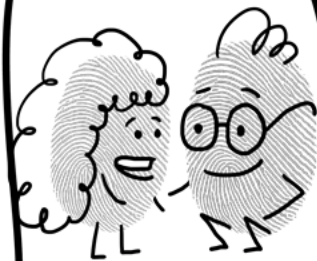
How to do it: Stand up for each other, be there when your friend needs you, stay invested in the friendship, keep it real, stand by each other, and celebrate each other's successes. Show support for each other over a long period of time.



LOYALTY

Think of a time that you were loyal to someone.
Explain what happened.

This is how I feel when others are loyal to me:





Relationship Building

RELIABLE

How does it help?:
It shows that you take responsibility for your actions and you are honest with those around you. Being reliable and dependable allows for people to trust you.

How to do it: Reliable people tell you what you need to hear in a way that you can hear it, rather than gossip behind your back. They are people you can count on that are consistent friends and don't shift personalities when you hang out with a different group. They show up on time, and do what they say they will do.

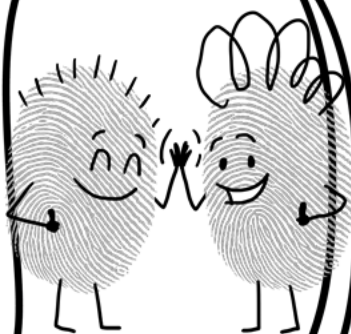


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RELIABLE

Think of a time that you were reliable to someone.
Explain what happened.

This is how I feel when I can rely on others:

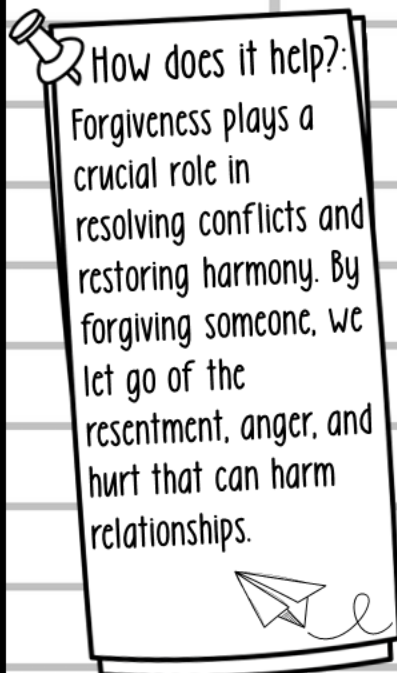


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Relationship Building

FORGIVING



How to do it: Accept what has happened and show the other person and yourself compassion. Make amends with whomever you're forgiving, even if it's yourself. Learn from the experience and grow as a person.



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FORGIVING



This is how I feel when others forgive me:

© Heart & Mind Teaching



Relationship Building

COMMONALITIES

How does it help?:
Having similar interests with a friend is good because it is more fun to be together if you share an interest. It gives you something to talk about. It is a way to get to know each other.



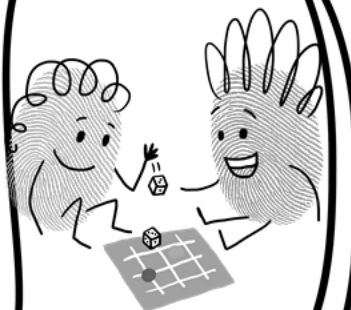
How to do it: The best way to find if someone has similar likes as you is to ask them. Talk about your favorite music, movies, hobbies, sports, things to do, etc. Then see if they like any of the same things. This can be done while playing together.



COMMONALITIES

Think of a time that you discovered another person had similar likes as you. Explain what happened.

This is how I feel when others have similar likes as me:





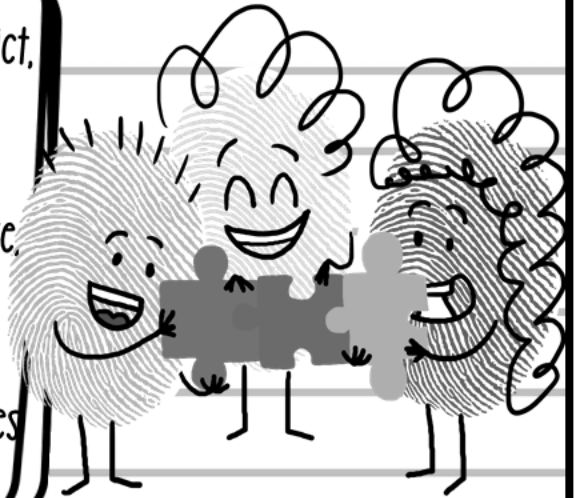
Relationship Building

CONFLICT RESOLUTION

How does it help?:
Conflict does not always lead to damage. Disagreement within a relationship can encourage growth, deeper understanding, improved communication, and progress toward a goal.



How to do it: Do not avoid conflict, think it through, then talk it out face to face. Use a mediator if needed. Apologize when appropriate, choose your battles, use "I messages" to express concerns.
Ex: "I feel hurt when you make jokes about me, please stop."



CONFLICT RESOLUTION

Think of a time that you resolved a conflict with someone. Explain what happened.

This is how I feel after conflicts are resolved:





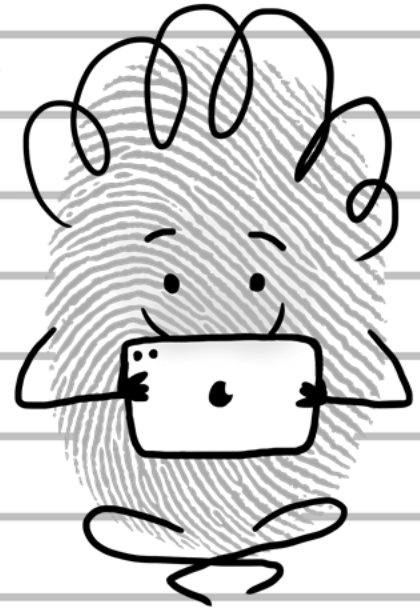
Relationship Building

STAY IN TOUCH

How does it help?:
A study finds talking to friends even for short periods can help your mental health. Good friends can support you in tough times, help you beat stress, make you healthier, and more.



How to do it: Setting up regular activities with friends and family is a great way to both keep in touch with them and maintain a routine. Select set days to meet with friends virtually to chat, watch a movie together, or play video games.



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STAY IN TOUCH

Think of a time that you stayed in touch with a friend. Explain what happened.

This is how I feel when others stay in touch with me:



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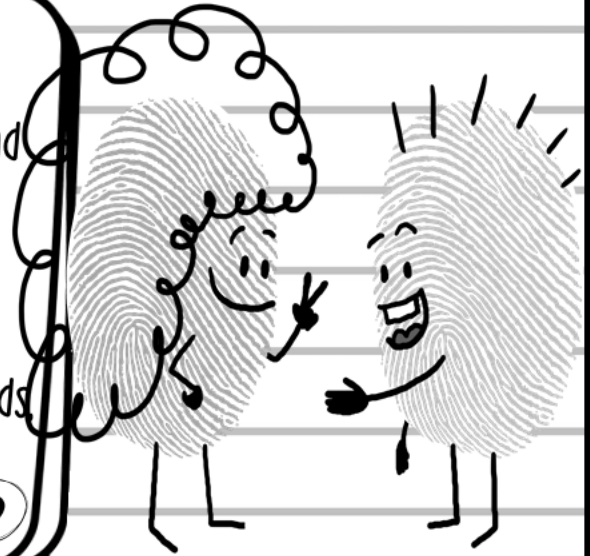


Relationship Building

LISTENING

How does it help?:
Active listening helps you understand other people's situations and feelings, you show this by offering support and empathy. The goal is for the other person to be heard, validated, and inspired to solve their problems.

How to do it: Actively listen to others by facing the speaker and having good eye contact, don't interrupt, listen without judging, show that you are listening with non-verbal gestures like head nods, stay focused on them, rephrase what they said back to them.



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LISTENING

Think of a time that you really listened to someone. Explain what happened.

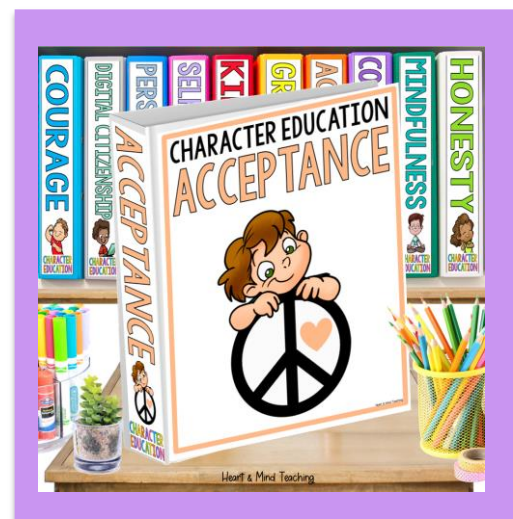
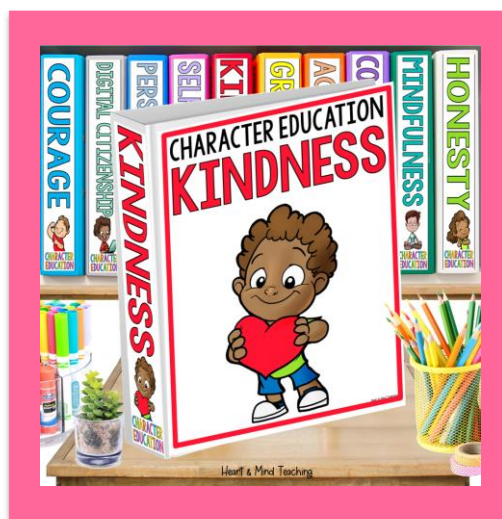
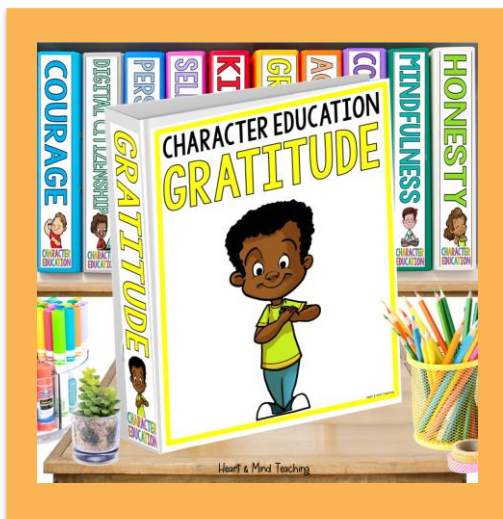
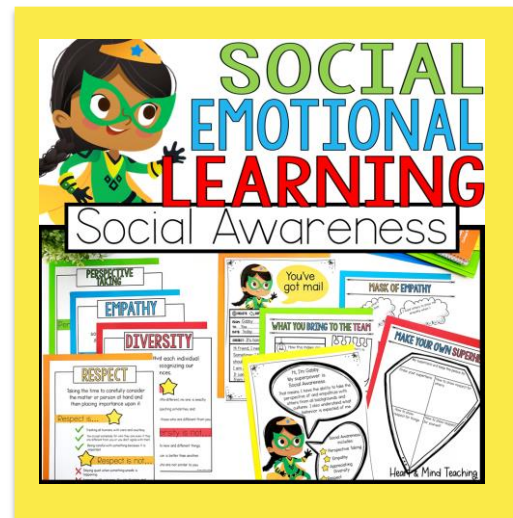
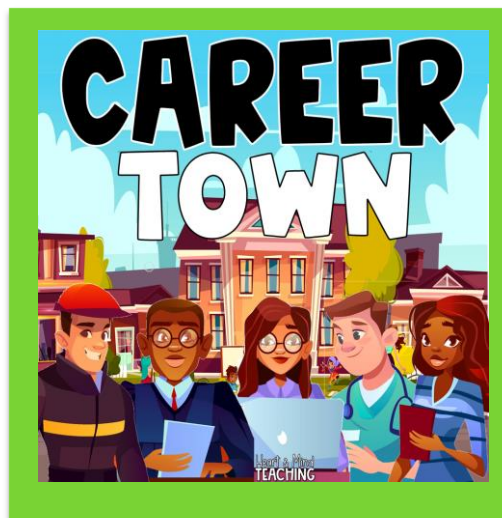
This is how I feel when others listen to me:



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CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
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HEART+MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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