

Extension Activity List



1. Peer Review
2. Add a Friend
3. In 140 or Less
4. Think It Through
5. In Your Own Words
6. Tech Pressure
7. Self Reflection



Healthy Relationships



Slide: Activity List

Facilitator Notes:

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Extension #1: Peer Review

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Slide: Extension #1: Peer Review

Facilitator Notes:

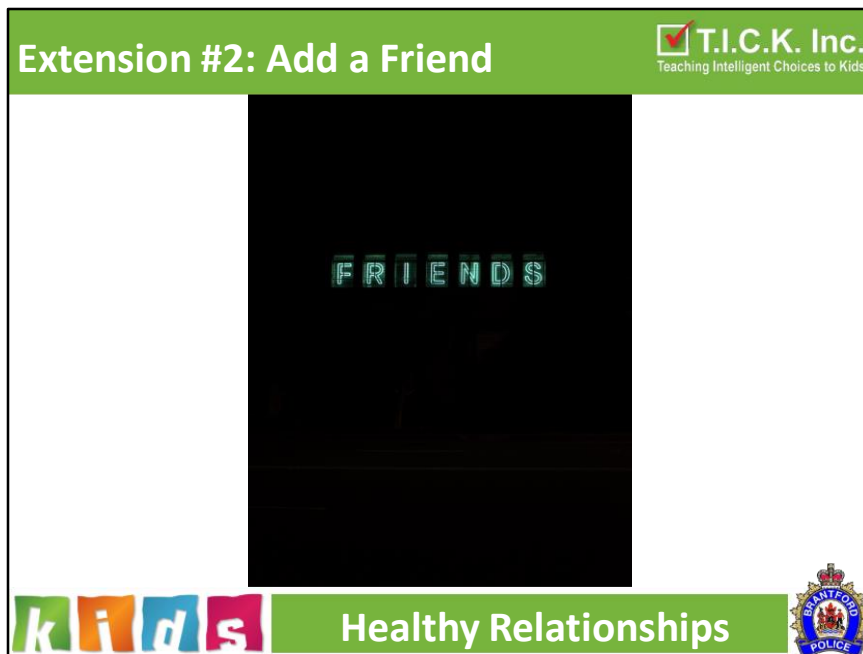
Activity:

Each student can write down

- Characteristics they see in themselves that makes them a; good peer/friend in a relationship.
- Characteristics that they appreciate/like in others that they may like to develop within themselves or adopt.

The list can then be:

- Compared between students in pairs or as a class, or
- Collected by the teacher to create a chart that can be posted in class



Slide: Extension #2: Add a Friend

Facilitator Notes:

Activity:

Students can use their creativity in developing an “Advertisement for a Friend”. Divide students into groups of 4-5. Encourage students to think about the qualities they would like a new friend to have and how those qualities would contribute to the development of a healthy relationship. Not everyone values the same qualities in a friend so groups may have different ideas. Groups will need to come to an agreement about the qualities while noting the qualities there was disagreement about.

Groups can either make a:

- list of the qualities and read them to the class;
- Poster; or
- A scenario as in a TV commercial.

When done Explore why groups may value different qualities.

Extension #3: In 140 or Less  Teaching Intelligent Choices to Kids



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Slide: Extension #3: In 140 or Less

Facilitator Notes:

Activity:

Students will create an inclusion posters, They should be restricted to 140 characters on the poster so they must chose words wisely. Allow students to work individually or pairs.

The focus can be on

- How to include more people in a common playground games or activates
- How to ask to join in on a game or activity
- Ways to start a game or activity

The poster can be:

- placed around schools;
- posted in class; or
- taken home.

Extension #4: Think It Through  T.I.C.K. Inc.
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Slide: Extension #4: Think It Through


Facilitator Notes:


Activity:


Ask students to think of a situation made up or use examples in movies or books that they know of where conflict has occurred.

Write how you would like to resolve the problem you have identified. i.e. Cinderella could have set boundaries with her step sisters about what she will or will not do.

Then have students share.

Extension #5: In Your Own Words  **T.I.C.K. Inc.**
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Slide: Extension #5: In Your own Words

Facilitator Notes:

Activity:

Explain peer pressure in your own words. By answering the following three questions.

1. Why do you think kids and teens are susceptible to the influence of their peers?
2. How can peer influence help us?
3. How does unhealthy relationship peer influence affect us?



Slide: Extension #6: Tech Pressure

Facilitator Notes:

Activity:

Discuss technology and social media (iPhones, texting, Instagram, Facebook, Twitter, Snapchat etc.) and the role they play in peer influences today.

In small groups discuss the following:

1. Ways to deal with negative influences to relationships in social media.
2. Ways to support positive helpful social media relationships don't.

Discuss your answers and then elect a person to share group views with the class.

After give the students time to self reflect on what was shared.

Extension #7: Self Reflection

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Slide: Extension #7: Self Reflection

Facilitator Notes:

Activity:

Think about yourself write down characteristics that you bring to a positive peer relationship. What makes you a good friend? Draw a picture of yourself in the middle of a page with the characteristics that make you a good friend surrounding the picture.