

RELATIONSHIPS

A child/teen's social skills play an important role in allowing him/her to develop nourishing relationships with others. Understanding and managing our relationships with others is a key pathway to wellbeing.

SOME WAYS TO WORK WITH RELATIONSHIPS AT HOME...

Family Zones

We may be socially distancing with our friends, but make the most of having this time for close connections with your immediate family. Even if you are all in your own online zones for school and work, set a reminder or alert to all come together to interact/stretch/have a glass of water as a screen break.

Virtual Connections

Find ways to maintain connections with friends – virtual cooking classes, Lego sessions, book clubs & crafternoons are just some ways you can get together with a smartphone and still connect in the cyber realms with your kids and their friends as an alternative to gaming.

Three Good Things

Remember to practice gratitude for what we have and the people around us. One short check in you can do before bedtime is the “Three Good Things and Who Contributed” exercise. Choose a time in the past to reflect on, and recall three good things that happened to you during that time. Then think about what other people contributed in order for those three good things to occur. This helps us remember and value the importance of those close connections.

RAK Attack

Random Acts of Kindness (RAKs) are almost always guaranteed to bring a smile to someone's dial. Brainstorm with your kids to come up with a spontaneous action that directs kindness at another person, such as giving them a drawing, motivational statement or helpful act, and how you could do it virtually.

<https://www.randomactsofkindness.org/for-educators>

When we see someone being kind, it inspires us to do good deeds for others too. In the research this is known as 'moral elevation'. What kind acts have you noticed in the media recently - how did it make you feel when you saw it? More about the elevation effect here...

<https://www.theguardian.com/world/video/2020/mar/20/moral-elevation-now-is-the-time-for-the-best-of-humanity-video>