

my relationships

OVERVIEW: Students create a visual representation of their relationships.

OBJECTIVES: To help students identify the different relationships in their lives and to name qualities they value in themselves and that they seek in close relationships; to strengthen students' critical thinking skills.

DURATION:

45 minutes

MATERIALS:

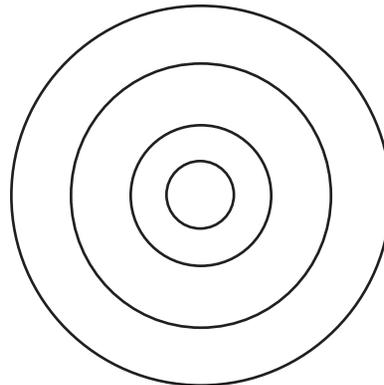
Board+chalk

TO PREPARE:

Nothing, other than reviewing instructions.

INSTRUCTIONS

- 1 Explain to students that they are going to identify the various relationships they have with people. Ask students to make a personal list of their relationships and connections with other people.
- 2 Invite a few students to share their lists voluntarily. Note on the board the different kinds of relationships they mention, such as those with relatives, friends, or neighbors.
- 3 On the board, draw a diagram of four concentric circles (like the one below).
- 4 Ask students to take out a blank piece of paper. Explain:
 - Draw a series of four circles, from small to large, like the one I have drawn. Use your whole sheet for the largest circle.
 - In the smallest circle, write your name (or draw a picture of yourself).
 - Think about the different people in your life. Just outside that small circle, write the names (or draw simple pictures) of those who are closest to you.
 - In the two outer circles, put the names (or pictures) of those who are not as close.
- 5 Ask students to form groups of three or four with those sitting closest to them, and have them take about two minutes each to explain their drawing to the other members in their group.



6 Facilitate a discussion with the following questions:

- Did everyone in your group list the same kinds of relationships or were there differences? Did everyone place their family members, friends, neighbors, teachers, religious leaders, or others in the same circle or in different circles?
- Name some words that describe what you value in the people you feel closest to. [*Probe for: honest, respectful, sharing, caring, trusting, fun, safe, understanding, reliable, interesting, loving. Write these words on the board.*]

7 Reserve ten minutes for students to explore the qualities they value in their relationships:

- Think about one person on your page whom you would like to have move closer toward the inner circle. Pick one word that most describes what you value in that person.
- Now think about one or two of the words on the board that you think people would say describes you.
- Celebrate a quality you value highly (either in yourself or in others) by writing it on your paper with decorative letters or in a creative style.
- As you write or draw, think about what that word means to you.