



Why do we
need
relationships?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What do you think of when you hear the word relationship? Which relationships are important in your life? Are we in relationship with all people around us? Why are some relationships stronger than others?

FEEL

How might different people feel about this?

e.g. How do you feel in some of the relationships that you have (e.g. with your parents, your friends, your family?) What sort of emotions can relationships make you feel? How would you feel if you didn't have relationships? Do we need relationships to feel well?

CONNECT

What links can you start to make?

e.g. What is the difference between a relationship with someone you know well and with someone you don't know so well? Why are relationships important in our communities? What relationships can you have with the natural world?

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Activity ideas:

1. What can relationships offer to us that being alone cannot?
Although being alone and in a healthy relationship with ourselves is important, we also need (as human beings) to connect to others. Why?
Fold a piece of paper in half, half again and half again and then cut out along the lines. Write down on each piece of paper a reason why we need to have relationships in our lives – you could write down how they make us feel, what they offer, what we learn etc. Now take one piece of paper at a time and talk together about why this is an important reason (or not) for us to have relationships.
2. What makes a relationship healthy? There are many different sorts of relationships in our lives, some deeper than others, some more important than others. Some relationships will make us feel loved and supported, others can be toxic or make us feel uncomfortable. What do you need from someone for the relationship to feel strong and healthy? Take a look at this worksheet and explore the ideas: [Healthy Relationships worksheet](#)
3. Why not play a game of 'Healthy Relationships Bingo' by creating your own bingo cards using what you think makes a healthy relationships. Use this website to make your own bingo cards: [Make your own bingo cards](#).
4. Take a look at this short cartoon (1 minute) called [Rock Paper Scissors](#). The slogan at the end of this is 'Be together not the same'. What lessons is this video teaching younger children about relationships and do you think it is effective?

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

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RESOURCES:



THINGS TO READ

[Why are relationships important?](#)


(Article | *Headspace*)

[Why true love doesn't need to last forever](#)

(Article | *School of Life*)

[Why we all need to belong to someone](#)

(Article | *Psychology Today*)



THINGS TO WATCH

[In praise of short term love](#)

(6 minute video | *School of Life*)

[Pack mentality and survival](#)

(7 minute video | *BBC Earth*)



THINGS TO LISTEN TO

[Authentic relating](#)

(30 minute podcast | *Sara Ness – Badass Spiritual Warrior*)



THINGS TO DO

[Making sense of relationships](#)

(Activities and ideas | *NSPCC*)



THINGS TO INSPIRE

[Explore our Love & Relationships topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

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