



Educator guide: Healthy relationships lesson

Recommended for grades:

1st grade

Time:

6 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Identify attributes of a healthy relationship.
2. Describe a trusted adult.

Activity description:

In this lesson students will learn how to identify healthy and unhealthy relationships. Students will practice stating if a relationship is healthy or unhealthy, and they will learn about the benefits of talking to a trusted adult.

Pre and post-test questions:

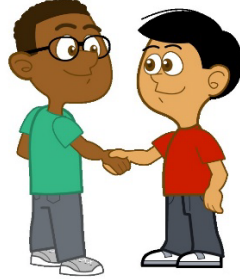
Use the questions on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. Circle two things that make a relationship healthy.



a. Keeping secrets



b. Showing respect



c. Being kind



d. Hiding feelings

2. Circle two examples of a trusted adult.



a. Someone you feel safe with



b. Someone you just met



c. Someone who lies to you



d. Someone who always listens

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Healthy relationships lesson. You may choose to use this list in any way that fits your needs.

- Healthy – good for your mind and body
- Relationship – a connection between two people that involves showing care and concern
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor etc.
- Unhealthy – bad for your mind and body

Supplemental activity: “Zoe’s Day with Dad” read-aloud

Objectives:

After completing this activity students will be able to:

- Describe positive benefits of talking with a trusted adult.

Materials needed:

- “Zoe’s Day with Dad” story

Time required:

20 minutes

Instructions:

Print yourself a copy of the story “Zoe’s Day with Dad” to read to your class (on the next page.) As you read the story, discuss with your students the positive benefits of talking with a trusted adult covered in the online lesson:

1. You can talk to them about anything.
2. You feel happy being around them.
3. They always help you when you need help.
4. You feel safe when you are around them.
5. You have a healthy relationship with them (respect, honesty, sharing and kindness).

“Zoe's Day with Dad”

The summer was coming to a close and school was about to start. Zoe had been home from summer camp for a few weeks now and was feeling very sad. She missed spending time with the friends she made while she was away and was disappointed that she would not see them again for a long time. Zoe spent most of her time at home thinking about how sad she felt. It was hard for her to think of anything else.

Every year at the end of summer, before the school year started, Zoe and her dad would go to the water park to ride the slides and swim in the pool. They always had so much fun and Zoe looked forward to it every year. This year was different. Zoe felt so sad, she barely remembered the yearly water park trip!

“Zoe,” her dad said. “Are you excited to go to the water park? I’ve been looking forward to going with you all summer!”

Zoe looked at her dad with sad eyes. “I’m sorry, Dad,” she said. “I’m just not feeling excited this year.”

Zoe’s dad looked at her and wondered how she was doing. “Zoe,” he said. “Is everything okay? You seem sad.”

Zoe did feel sad. Zoe had been feeling sad for a long time. Zoe knew she was having a hard time feeling better on her own, so she decided to talk to her dad about how she felt.

“Dad, you’re right, I do feel sad.” Zoe said. “I miss my friends from summer camp. I had so much fun with them and I don’t know when I’ll get to see them again!”

“Oh Zoe,” her dad said as he sat down next to her. “I’m so sorry you’re going through that. It’s hard to not get to see your friends, especially when you don’t know when you’ll see them again. You know, it’s okay to feel sad about that. The good news is, school is starting soon, and you’ll get to spend a lot of time with your friends from school that you like. You’ll have lots of fun with them and start to make new memories.”

Zoe thought about what her dad said. She still felt a little sad, but she felt a lot better than she did before talking to him. She was even excited to see her school friends and tell them about her summer. Talking to her dad helped Zoe deal with her big, sad feelings.

“Thanks dad,” Zoe said. “I actually feel a lot better after talking about it. I think I’m excited to go to the water park now!”

Zoe’s dad smiled. They got themselves ready to go to the water park and had a fun time. Soon after, Zoe started school and was happy to see her friends.



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Resources for families and educators

- Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://www.cdc.gov/childrensmentalhealth/)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Alliance on Mental Illness (NAMI), [nami.org](https://www.nami.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- PBS Kids for Parents: Emotions and Self-Awareness, [pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw



Help your child manage their feelings

It can be hard for children to cope with their feelings. You can help them learn to handle strong feelings, like anger, excitement and sadness.

- Help your child name their feelings. Children who can name their feelings can better understand and talk about how they feel.
- Talk with your child about their feelings. Talking to a trusted adult helps your child learn how to manage their feelings.
- Show you care. When your child talks about their feelings, let them know you understand how they feel. This will help them feel supported and respected.

Children who practice showing kindness and understanding are more likely to have healthy relationships. If your child can think about how other people are feeling, that will help them get along with others. The first step is becoming aware of their own feelings.

Recommended reading list

These books can be read aloud to help students relate to characters dealing with different mental and emotional health concerns. You may encourage students to check out one of these from the school library to bring home and read with their families.

“B is for Breathe” by Dr. Melissa Munro Boyd (2019, Ages: 4-10)

“Everyone” by Christopher Silas Neal (2016, Ages: 4-6)

“Frog Slime: A Child’s Guide to Calming Down” by Dr. Amanda DeSua (2017 Ages: 0-6)

“Grumpy Monkey” by Suzanne Lang (2018, Ages: 3-7)

“Listening to My Body” by Gabi Garcia (2019, Ages: 4-10)

“My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings” by Natalia Maguire (2020, Ages: 3-9)

“Ruby Finds a Worry” by Tom Percival (2019, Ages: 3-6)

“Taking a Bath with the Dog and Other Things That Make Me Happy” by Scott Menchin (2013, Ages: 4-8)

“The Color Monster” by Anna Llenas (2018, Ages: 4-8)

“Visiting Feelings” by Lauren Rubenstein (2013, Ages: 4-8)

“When I Feel Angry” by Cornelia Maude Spelman (2000, Ages: 4-8)



Transcripts

Slide 1

Belinda Badger: Hi! Belinda Badger here with my friend Zoe to talk to you all about healthy relationships. We have relationships with many people. With our parents or guardians, siblings, extended family members, friends, teachers, and so many more!

Zoe: Being in a relationship means we are connected to someone in some way.

Belinda Badger: That's right, Zoe! Relationships are important because these connections with other people can help us feel good about ourselves and help others feel good about themselves. It is important to know, though, that relationships can be healthy or unhealthy.

Slide 2

Belinda Badger: Zoe has healthy relationships with a few different people in her life. Click on each image to hear about her healthy relationships.

Zoe and Dad: My relationship with my dad is great. When I have a problem, he listens to me and he's really patient. Our relationship is a healthy one.

Zoe and Quinn: I have a healthy relationship with my friend, Quinn. I can be myself when I'm around her and we have lots of fun together! She is kind to me and I try my best to be kind to her.

Slide 3

Belinda Badger: What makes a relationship healthy? That's a great question. You can tell if a relationship is healthy if you notice a few of these things. Click on each of the pieces of heart to learn about different things that make a relationship healthy.

Respect: Respect means showing you care. This can be by listening, helping, or sharing with someone.

Honesty: Being honest means telling the truth. When someone is being honest, they mean what they say.

Sharing: Sharing is an important part of a healthy relationship. You can share physical things like toys and snacks, and you can share other things like your thoughts and feelings with each other. You can even share problems or hurt feelings.

Kindness: Kindness means doing your best to do nice things for each other and not being mean, even if one of you is upset.



Keep in mind— healthy relationships go both ways. Both people need to remember to be respectful, honest, and kind to keep a relationship healthy.

Slide 4

Belinda Badger: Relationships can also be unhealthy. How do you know if you have an unhealthy relationship with someone?

If you feel sad, scared, or worried when you are with a person, or even when you think about a person, your relationship with them might be unhealthy.

If you don't feel like you can talk about your feelings or thoughts with a person, the relationship might be unhealthy.

If you feel like you have to be fake, or not tell the truth, about how you feel or what you want, you might not have a healthy relationship with the other person.

If you think you are in an unhealthy relationship with somebody, find a trusted adult to talk to.

Slide 5

Belinda Badger: It's important to be able to identify a healthy relationship. Listen to my friends talk about their healthy relationships and guess what it is that makes that relationship healthy.

Slide 6

Belinda Badger: Devonte and his Grandpa have a great relationship. Devonte can tell his Grandpa about anything that is on his mind.

Do you know what makes the relationship between Devonte and his Grandpa healthy?

Honesty. Honesty means telling the truth and Devonte knows he can be honest with his grandpa.

Slide 7

Belinda Badger: Quinn's mom always listens to her when she has a question about something. She never talks over Quinn and asks her a lot of good questions.

Do you know what makes the relationship between Quinn and her mom healthy?

Respect. Respect means Quinn's mom listening to each other and Quinn's mom listens to her.



Slide 8

Belinda Badger: Zoe's dad always takes care of her when she gets hurt. He gives her hugs and tells her she's going to be okay.

Do you know what makes the relationship between Zoe and her dad healthy?

Kindness. Zoe's dad treats her with kindness and it helps Zoe feel loved and cared for.

Slide 9

Belinda Badger: One day, Devonte left his coloring pencils at home and Miguel shared his own pencils with him. Miguel didn't want Devonte to miss out on coloring!

Do you know what makes the relationship between Miguel and Devonte healthy?

Sharing. Miguel shared with Devonte so he could have fun too.

Slide 10

Belinda Badger: Think about an adult in your life who you have a healthy relationship with. That person is what I like to call a trusted adult. A trusted adult is someone you can talk to about anything, someone you feel happy being around, and who always listens to you. A trusted adult can help you figure out what relationships in your life might be healthy or unhealthy.

Slide 11

Belinda Badger: Click on my friends to learn more about trusted adults.

Devonte: Talking to a trusted adult will help you feel happy and safe. A trusted adult can always help you when you need it.

Quinn: A trusted adult is an adult who you have a healthy relationship with.

Miguel: A trusted adult could be a parent or guardian, a family member like an aunt, uncle, or grandparent, or even a teacher or counselor from school.

Slide 12

Zoe: Two of my trusted adults are my dad and Mrs. Thomas at school.

Belinda Badger: That's so good to hear, Zoe! It's important to have healthy relationships in your life and, if you ever feel like you have an unhealthy relationship, talk to one of your trusted adults right away. They will help you do what you need to do to be happy and safe. That's all we've got for now. Thanks for learning with us, we'll see you again soon!



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