



Educator guide: Healthy relationships lesson

Recommended for grades:

3rd grade

Time: 9 minutes

National Health Education Standards:

This lesson 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 4: Use interpersonal communication skills 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. Name the four main characteristics of a healthy relationship.
2. Explain at least two ways to show a friend that you care.
3. Identify two trusted adults that can help with mental health goals or concerns.

Activity description:

In this lesson students will learn about healthy relationships with friends and trusted adults. Students will learn the four main characteristics of a healthy relationship. There is a worksheet that students can complete as they go through the Healthy relationships lesson.

Pre and post-test questions:

Use the questions on the following page with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.



1. Which of these is a characteristic of a healthy relationship? Choose all that apply.
 - a. Respect
 - b. Honesty
 - c. **Blame**
 - d. Trust
 - e. Communication

Vocabulary:

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

- Communication – sharing information, thoughts and emotions
- Feeling – an emotional state, such as happy, sad, excited, scared etc.
- Friend – a person you enjoy spending time with
- Honesty – being truthful and sincere
- Relationship – two or more people who are connected in some way
- Respect – to admire and value someone or something
- Trust – to believe and have confidence in someone
- Trusted adult – an adult that you can count on, such as a parent, family member, teacher, school counselor etc.
- Worried – feeling very concerned

Healthy relationships lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Healthy relationships lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. List the four main characteristics of a healthy relationship.

- a. _____
- b. _____
- c. _____
- d. _____

2. What does being a good friend mean to you?

3. List two trusted adults in your life.

- a. _____
- b. _____

4. If you try to talk to an adult about something important and they are too busy, what could you do?



Healthy relationships lesson worksheet answer key

1. List the four main characteristics of a healthy relationship.

- a. Respect
- b. Honesty
- c. Trust
- d. Communication

2. What does being a good friend mean to you?

Answers will vary, and could include any of the following: being a good listener, being there when things aren't great, being dependable etc.

3. List two trusted adults in your life.

Answers will vary, and could include any of the following: parent, relative, close family friend, teacher, school counselor etc.

4. If you try to talk to an adult about something important and they are too busy, what could you do?

Answers will vary, and could include any of the following: ask if there is a better time to talk, find another trusted adult to talk to etc.

Supplemental activity: Asking for help

Objectives:

After completing this activity students will be able to:

- Demonstrate how to ask for help to improve personal mental and emotional health.

Materials needed:

- White board or SMART board

Time required:

30 minutes

Instructions:

In this activity students will practice, in role-play situations, how to ask a trusted adult for help with mental or emotional issues. To begin, brainstorm a list of trusted adults. Make sure to include adults at home and outside of the home.

Next, review how to ask for help.

- Tell the trusted adult you need to talk.
- Get their full attention.
- Let them know how you are feeling.
- Tell them you need help.

Divide the class into pairs and explain that you will be reading different scenarios. Students will then be given a chance to role-play that situation within their pairs. Students should be alternating between playing the child and the adult in each situation so everyone gets a chance to practice asking for help. Feel free to use the scenarios on the following page or create some of your own. It may be helpful to go through one scenario as an example.

Scenarios

- You've been feeling very nervous and worried lately, but you're not sure why. You've even been having trouble falling asleep because of it. Find a trusted adult to talk to about this and ask them for help.
- You're very angry with your little sister because she is always messing with your things at home. You come home from school and find her in your room again. You want to scream. Find a trusted adult to talk to about this and ask them for help.
- Your family recently moved, and you are going to a new school. You miss all your old friends and teachers. You come home from school every day and cry. Find a trusted adult to talk to about this and ask them for help.
- Math is not your favorite subject at school. It's really hard, and you're getting more and more frustrated every day. Find a trusted adult to talk to about this and ask them for help.
- You've learned that getting enough sleep is really important for your mental and emotional health. You'd like to try and get more sleep. Find a trusted adult to talk to about this and ask them for help.
- You're learning about mindfulness at school. It makes you feel great and you'd like to do it at home too. Find a trusted adult to talk to about this and ask them for help.

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



Transcripts

Slide 1

Miguel: Healthy relationships are a really important part of having a healthy mind. We have relationships with lots of different people: teachers, friends, classmates, parents, siblings, and probably some others too!

Quinn: Today, we're going to focus on having healthy relationships with friends and trusted adults in our lives. But before we get started, open the worksheet and either save it or print it. Complete this worksheet as you move through the lesson.

Slide 2

A relationship is a connection between two people. There are four main characteristics of a healthy relationship. Click on the buttons to hear about each one.

Respect: Having respect in a relationship means both people value each other and treat each other well.

Honesty: Honesty means being open and truthful when sharing thoughts and feelings with each other.

Trust: In a relationship, trust means believing that the other person is being honest and truthful with you, and that you can rely on them.

Communication: Communication is the sharing of information, thoughts and emotions. It involves both speaking and listening.

Slide 3

Relationships are important because connections with other people can help you feel good about yourself. Relationships can also help you feel like you're not alone. Let's talk about friendship for a minute. Being a good friend means different things to different people. We asked kids your age what friendship means to them. Check out what they had to say.

Video plays.

Slide 4

Miguel: Friends can be lots of fun, but it's also important to be a good friend when things aren't so fun. Depending on the situation there are some things you can do to show that you care. Click on each of my friends to hear how they show their friends that they care.

Zoe: My friend, Allie, always play with Cassie at recess, but lately Cassie's been really bossy. If Cassie wants to play kickball then that's what Allie has to do. It's really starting to bother Allie. I told her that she could talk to Cassie about it. Maybe Cassie doesn't realize that she's being so bossy. Or, Allie could come hang out with me and Lilly at recess.

Devonte: Ian's pet guinea pig died yesterday, and he's so sad about it. I told him that I'm here for him if he wants to talk. And if he doesn't want to talk then we can do something else to help take his mind off being sad for a while.

Quinn: My friend, Taylor, got a really bad grade on an art project we did last week. She was really bummed about it. I reminded her that it's ok not to be good at everything. She always gets all of her math problems correct. She's probably the best at math in our whole class!

Miguel: Wow, those are some great friends! It's important to support each other when things aren't going so great. Encourage your friends, and remind them of their strengths. You can help your friends problem solve, and sometimes your friends just want you to listen.

Slide 5

It's also important to have healthy relationships with trusted adults in your life. That could include parents, grandparents, teachers, counselors, and other family members. The important thing is to find at least one trusted adult that you can connect with. Maybe Mom is super busy taking care of your siblings. Is there someone else you can spend time with? Maybe that's your grandma, or uncle. If you regularly share things with an adult, it will be easier to go to them when you are worried or sad, or when you need help with something.

Slide 6

It can sometimes be hard to ask an adult for help. Let's say that you've been feeling really nervous and worried lately, but you're not sure why. Let that trusted adult know that you need to talk to them about something important, so that they know that you need their full attention. Then, let them know how you're feeling, and that you need their help figuring out why you've been feeling that way. If they seem distracted, or simply don't have time to talk with you it's important to see if there's a better time to talk with them, or find another trusted adult to talk with.



Slide 7

Quinn: Healthy relationships are really important. I'm glad I have such great friends.

Miguel: Me too! We've got to go, but we'll see you later!



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