

Relationship Skills

Relationship Skills refers to your ability to form happy and healthy relationships with others.

Relationship Skills include:

- ❖ offering help and kindness toward others
- ❖ making and keeping friends
- ❖ being a good communicator and listener
- ❖ being able to resist peer pressure
- ❖ resolving conflicts in a calm and helpful way

Relationship Skills are the ability to interact positively and productively with other people. Whether it is making and keeping a friend, being part of a team, or working on an important project with others, relationship skills are essential to our success, productivity, and happiness. Like all social and emotional skills, relationship skills take practice to develop. Here are some suggestions to help children build these critical skills.

Strategy

- ☐ Use any opportunity to model and role play relationship skills, like when a student name calls and others choose not to play with them, when a student shares, when a student helps another, etc

Activities

[Kindness \(K-2\)](#)

[Resolving Conflicts \(K-2\)](#)

[Cooperation & Teamwork \(Grades 3-5\)](#)

[Empathy \(Grades 3-5\)](#)

