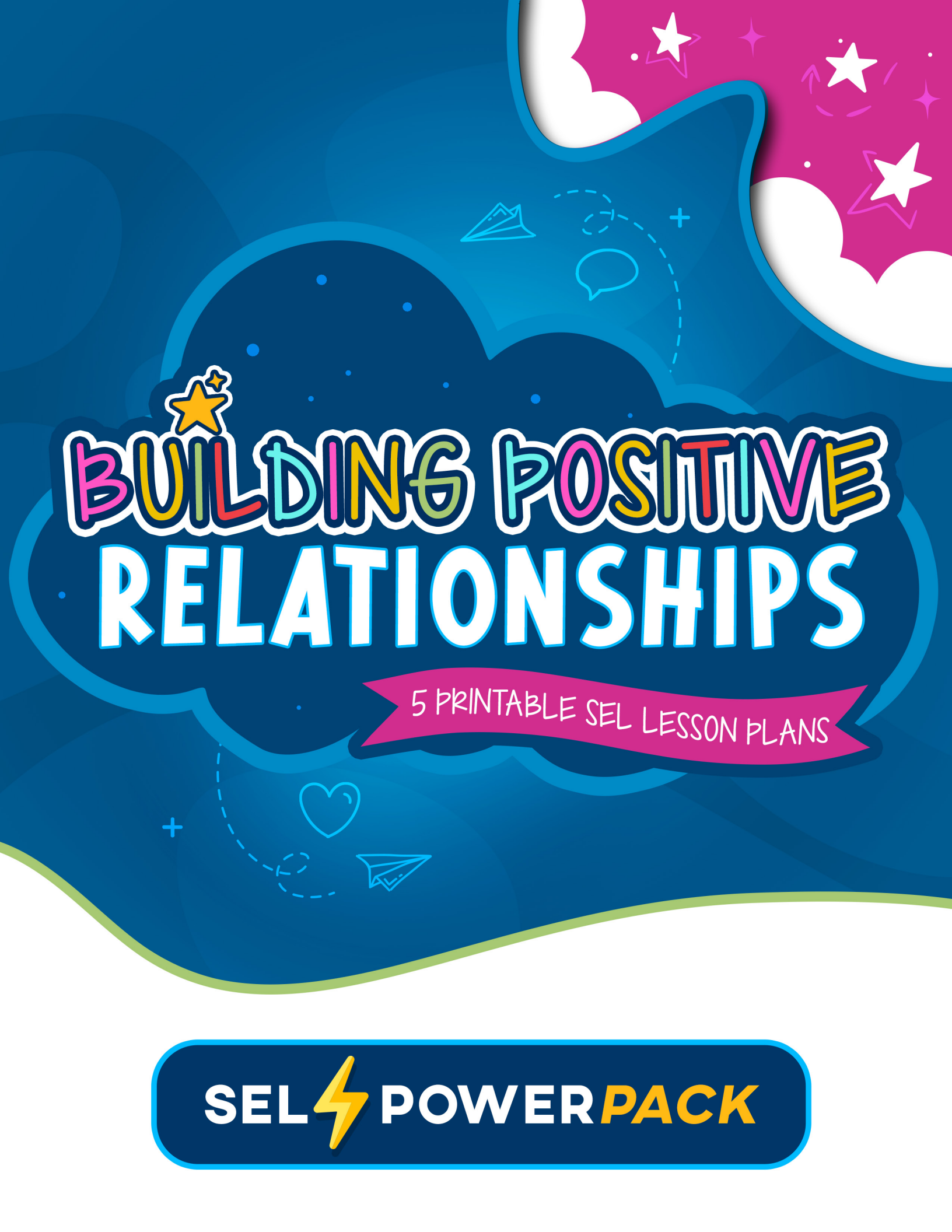




BUILDING POSITIVE RELATIONSHIPS

5 PRINTABLE SEL LESSON PLANS

SEL  POWER **PACK**

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INTRODUCTION

Welcome to our SEL Lesson Plans on Building Positive Relationships!

This unit is specially designed to teach students the significance of building and sustaining positive relationships with their peers, teachers, and the broader community. Comprising of five engaging lesson plans, this unit equips students with the social and emotional skills needed to cultivate meaningful relationships. Each lesson is meticulously structured to include objectives, materials needed, an educator guide, a worksheet, group activities, and closing discussion questions.

- ★ **Lesson 1: The Community Web** - We kick off our unit by establishing the foundation of relationships within the classroom. In this lesson, students engage in an activity that visually illustrates how everyone in the class is interconnected. They learn the importance of each individual in the classroom community and start to build a sense of belonging and unity.
- ★ **Lesson 2: Listening Superpowers** - Listening is a superpower that can sometimes be overlooked! In this lesson, students learn about the importance of active listening as a cornerstone of positive relationships. Through interactive activities and discussions, they will hone their listening skills and understand how this superpower can help in understanding and supporting one another.
- ★ **Lesson 3: Emotion Detective** - Emotions can sometimes be like a puzzle. In lesson three, students become detectives to explore different emotions and how they affect relationships. They learn to recognize not only their own emotions but also those of their peers, and they discuss the importance of empathy and emotional awareness in building positive relationships.
- ★ **Lesson 4: Building Bridges Together** - This lesson is all about collaboration. Students will engage in activities that require them to work together in teams. Through this, they learn how cooperation, communication, and compromise are essential in not just completing tasks, but also in building stronger bonds with each other.
- ★ **Lesson 5: The Friendship Tree** - In our final lesson, students focus on the ingredients that make friendships grow. Through creative activities, they will understand how friendships, much like trees, need nurturing. They will reflect on how kindness, support, and appreciation are essential in maintaining long-lasting friendships.

Each lesson plan begins with clear objectives, followed by a list of materials needed for the lesson. The educator guide provides step-by-step instructions on explaining concepts in kid-friendly terms and highlights the importance of these concepts. Worksheets are included to reinforce learning, with comprehensive instructions for the educator on how to use them. The group activities section comprises hands-on activities aimed at fostering active participation and learning through experience. Each lesson concludes with discussion questions that stimulate reflective thinking and consolidation of learning.

As we guide our students through these lessons, we're setting the foundation for a positive and inclusive classroom environment, where everyone's contributions are valued, and positive relationships are cherished.

Happy teaching!



LESSON #1: THE COMMUNITY WEB

OBJECTIVES

- Students will understand the importance of a positive classroom community.
- Students will learn how building relationships contributes to a supportive learning environment.

★ MATERIALS:

- A ball of yarn or string
- Worksheet titled "My Classroom Contributions"
- Pencils
- A jar or box (for activity)

★ EDUCATOR GUIDE

1. Explain the concept of a community, especially a classroom community, in kid-friendly terms. Example: "A community is like a team where everyone helps and supports each other."
2. If applicable, describe how the start of the school year is the perfect time to build a strong classroom community because everyone is coming together after the break.
3. Explain that a positive community makes learning more fun and helps everyone feel safe and happy at school.

★ WORKSHEET INSTRUCTIONS

1. Pass out the "My Classroom Contributions" worksheet to each student.
2. Explain that they will be drawing a picture of themselves in the center and around it, they'll write ways they can help make the classroom a great place for everyone.
3. Encourage creativity and thoughtful contributions.

★ GROUP ACTIVITY: THE COMMUNITY WEB

1. Have students stand in a circle.
2. Hold onto the end of the yarn and throw the ball to a student across the circle.
3. The first student will share their name and one thing they are excited about this school year. Or, they can share their favorite song, movie, YouTube channel etc.
4. That student holds onto part of the string and throws the ball to another student, who does the same.
5. Continue until everyone has caught the yarn and the yarn has created a web.
6. Explain that this web represents how everyone in the classroom is connected and important.

★ CLOSING DISCUSSION QUESTIONS:

1. How does our classroom community web show that we're all connected?
2. What is one thing you can do to make our classroom a happier place?
3. Why do you think it's important for us to support each other in our classroom community?

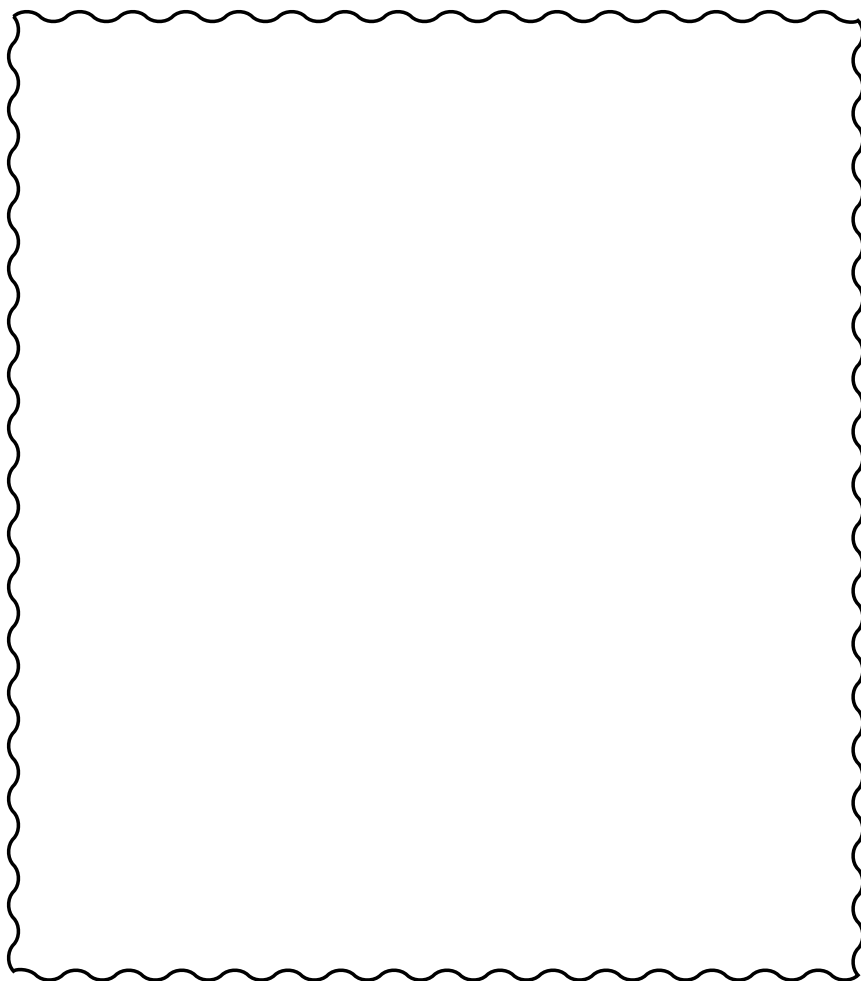
Name: _____ Date: _____

MY CLASSROOM CONTRIBUTIONS

A classroom community is when we all work together like a team, helping and supporting each other. On this worksheet, draw a picture of yourself in the box below. Around it, write down the super ways you can be a great team player, like helping friends or sharing supplies.

DRAW A SELF PORTRAIT

Ways I can help build a positive classroom community.













LESSON #2: LISTENING SUPERPOWERS

OBJECTIVES

- Students will understand the importance and benefits of active listening.
- Students will practice and develop active listening skills.

★ MATERIALS:

- “Listening Ears” worksheet
- Colored pencils or markers

★ INTRODUCTION:

1. Start by telling students that listening is like having a superpower that helps us understand and connect with others.
2. Explain that it’s important to listen to classmates and teachers to learn and help each other.
3. Share a personal story where someone’s active listening made a difference.
4. Let students know that today they will learn how to become super listeners.

★ WORKSHEET INSTRUCTIONS

1. Pass out the “Listening Ears” worksheet to each student along with colored pencils or markers.
2. Explain that they will be coloring in the ears and thinking about how they can be good listeners.
3. Encourage them to be creative and think of different ways they can show someone they are listening.

★ GROUP ACTIVITY: LISTENING RELAY

1. Divide the class into small groups of 4-5 students.
2. Give each group a simple story or set of instructions.
3. Have the first person in each group read the story or instructions.
4. Have the next person in the group retell the story or instructions to the person next to them, and so on.
5. The last person in each group shares what they heard with the class.
6. Discuss how the story changed as it passed through the group and talk about the importance of listening carefully.

★ CLOSING DISCUSSION QUESTIONS:

1. What does it feel like when someone is really listening to you?
2. How can active listening make our classroom a better place?
3. Can you think of a time when you wish you had listened more carefully? What happened?

Name: _____ Date: _____

LISTENING EARS

Active listening is when we pay full attention to someone who is speaking. It's like turning our ears into super antennas that catch all the details! On this worksheet, you will find two big ears. Color in the ears as you think your super listening ears would look like. Then, around the ears, write or draw three things that you can do to be a good listener.





LESSON #3: EMOTION DETECTIVE

OBJECTIVES

- Students will learn to recognize and understand different emotions in themselves and others.
- Students will develop empathy by considering how others might feel in different situations.

★ MATERIALS:

- “Emotion Detective” worksheet
- Pencils
- Emotion flashcards
- Hat or bag

★ INTRODUCTION

1. Start by asking students how they feel today and let a few of them share.
2. Explain that emotions are feelings like happy, sad, angry, or excited, and understanding them helps us be better friends.
3. Tell them that as everyone comes back to school, people might have a mix of emotions, and it’s good to understand and support each other.
4. Share that today they’ll become detectives, trying to spot and understand different emotions.

★ WORKSHEET INSTRUCTIONS

1. Hand out the “Emotion Detective” worksheet to every student along with a pencil.
2. Tell them they will see faces with different emotions and they have to guess what emotion each face is showing.
3. Encourage them to think about why someone might feel that way and write a short sentence next to each face.

★ GROUP ACTIVITY: EMOTION CHARADES

1. Print out the emotion flashcards provided or create your own using the template.
2. Place the flashcards in a hat or bag.
3. Divide the class into two teams.
4. Have a student from the first team draw a flashcard and act out the emotion without talking.
5. The other team tries to guess the emotion within 30 seconds.
6. Alternate turns between the teams.
7. Discuss the emotions afterward and talk about times they might have felt the same way.

★ CLOSING DISCUSSION QUESTIONS:

1. Why is it important to understand how other people are feeling?
2. How can recognizing someone’s emotions help you in school?
3. Can you share a time when someone understood how you were feeling and it made a difference?

Name: _____ Date: _____

EMOTION DETECTIVE

Being an Emotion Detective means figuring out how people are feeling. Sometimes people feel happy, sad, scared, or excited. On this worksheet, there are different faces with different emotions. Your mission is to write down what emotion you think each face is showing and a short sentence about why someone might feel that way.











EMOTION DETECTIVE FLASHCARDS

HAPPY

SAD

EXCITED

ANGRY

GRATEFUL

CONFUSED

SCARED

SURPRISED

CALM

FRUSTRATED

PROUD

EMBARRASSED

JEALOUS

HOPEFUL

BORED

AMUSED

CURIOUS

RELIEVED

EMOTION DETECTIVE FLASHCARDS TEMPLATE

Write emotions



LESSON #4: BUILDING BRIDGES TOGETHER

OBJECTIVES

- Students will understand the significance of cooperation and communication in teamwork.
- Students will engage in a hands-on activity to practice teamwork skills.

★ MATERIALS:

- “Building Blocks of Teamwork” worksheet
- Pencils
- Colored pencils or markers
- Straws
- Tape
- Paper

★ INTRODUCTION

1. Ask students to think about how bridges connect places and help people get across.
2. Explain that in a classroom, teamwork acts like a bridge, connecting everyone and helping them learn and solve problems together.
3. Today, they’ll learn how to build bridges with each other through teamwork.

★ WORKSHEET INSTRUCTIONS

1. Hand out the “Building Blocks of Teamwork” worksheet and pencils, colored pencils or markers to each student.
2. Explain that they should think of teamwork skills or qualities and write them in the blocks.
3. Encourage them to color the bridge and make it as creative as they want.

★ GROUP ACTIVITY: STRAW BRIDGE CHALLENGE

1. Divide the students into groups and provide each group with straws, tape, and paper.
2. Challenge them to build a bridge using only the materials provided.
3. Give them 20 minutes to complete their bridge.
4. After the time is up, have each group present their bridge and share how they worked together to build it.
5. Discuss the different strategies used by each group and how communication and cooperation were key in building the bridges.

★ CLOSING DISCUSSION QUESTIONS:

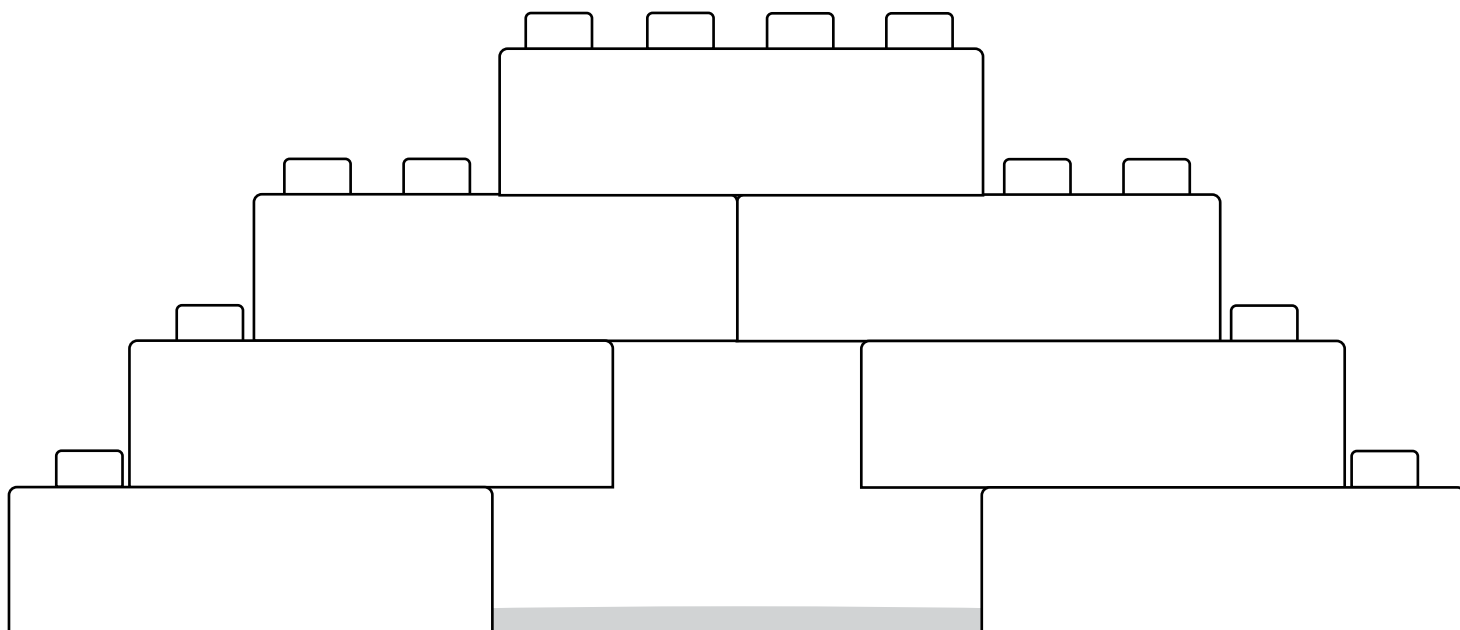
1. How did communication help your group in building the bridge?
2. What was the most challenging part of this activity and how did you overcome it through teamwork?
3. How can you use teamwork skills to build bridges and make friends in your class?

Name: _____ Date: _____

BUILDING BLOCKS OF TEAMWORK

Teamwork is like building a bridge. It connects people and helps us cross challenges together! On this worksheet, you'll see a bridge made of blocks. Choose your favorite teamwork words from the list below and write them onto the blocks. Then color in the bridge to complete it!

Collaborate	Kindness	Honesty	Empathy	Cooperate
Patience	Respect	Communicate	Support	Share
Unity	Synergy	Together	Us	Trust





LESSON #5: THE FRIENDSHIP TREE

OBJECTIVES

- Students will be able to identify qualities that make a good friend.
- Students will develop communication skills by sharing and discussing ideas about friendship.

★ MATERIALS:

- Large paper/poster board
- Colored markers
- Construction paper in different colors
- Scissors
- Glue sticks
- Pencils

★ EDUCATOR GUIDE

1. Begin the lesson by asking students what they think makes a good friend and why friendship is important.
2. Explain that just like a tree, friendship needs to be nurtured and taken care of to grow.
3. If applicable, discuss how coming back to school is a great time to make new friends and reconnect with old ones, as everyone is starting fresh and may be feeling a little nervous.
4. Explain that being a good friend is an important part of building a positive classroom community where everyone feels welcome and supported.

★ WORKSHEET INSTRUCTIONS

1. Pass out the worksheet to each student.
2. Explain to the students that they should think about what makes someone a good friend and write or draw these qualities on the branches of the tree. Encourage creativity!

★ GROUP ACTIVITY: FRIENDSHIP TREE

1. Collect the worksheets and, on a large paper or poster board, draw a big tree.
2. Cut out leaves from construction paper.
3. As a class, discuss some of the qualities students have put on their trees.
4. Have each student choose one quality they think is most important, write it on a leaf, and glue it on the big tree.
5. Once all the leaves are on the tree, discuss how all these qualities together make for strong friendships and a supportive community.

★ CLOSING DISCUSSION QUESTIONS:

1. Can you think of a time when you were a good friend to someone? How did it make you feel?
2. How can we make sure our classroom is like the Friendship Tree and a place where everyone feels supported?

Name: _____ Date: _____

FRIENDSHIP TREE WORKSHEET

Imagine your friendships as trees - they grow stronger with care and kindness. Think of ways you can be a great friend, then write or draw them on the branches of the tree below. Add in flowers and leaves, then color in your tree to complete it!

