## Health

4.ICR.1.6 Contrast healthy and unhealthy relationships.

## Focus Step

"The Relationship Game" Refer to the Relationship cards for the materials you will need to complete the activity. Each student will be given a game board and each table group will be given pre-cut "game pieces" and one die per table group. The person with the next closest birthday will go first and the student will rotate to the right. The first person will roll the die and select the number of cards based on the number rolled (Roll 6, pick up cards). The student will read the qualities on the cards and determine where they would classify each quality on their individual game board (Must Have, Would Be Nice, Does Not Matter, Do Not Want). After all the game pieces are played and classified, students will discuss with their group members if they would have classified some of the cards differently. It is okay for students to have some disagreement between classification as it is about personal preference. You will refer to the game during the rest of the lesson.

## Statement of Objectives:

Relationships with family, friends, classmates and others are important to our health and wellbeing. By the end of this lesson, you will be able to state the difference between healthy and unhealthy relationships.

## Teacher Input:

Use the following script to accompany the PPT
Slide 2: Healthy Relationships are based on mutual respect, care, and consideration This includes treating others with kindness and being considerate about their feelings. Trust is another quality that allows people to depend on one another, basically meaning that promises are kept. Each person in a healthy relationship should feel valued and heard. When planning events choose not only things that you like, but that your friends enjoy as well.
Slide 3: Brainstorm - Think back to the Relationship Game we just played. Can anyone think of some characteristics that would be classified as healthy relationship qualities?
Students should be able to come up with the following: Respectful, thoughtful, kind, trustworthy, polite, honest, humble, and respected by others.
Slide 4: Unhealthy relationships are opposite behaviors than we discussed in healthy relationships. Friends that put each other down instead of building them up, telling lies, or saying hurtful things about someone's culture or family.
Slide 5: Brainstorm - Think back again to the relationship game. Can anyone think of some characteristics that would be classified as unhealthy relationship qualities?
Students should be able to come up with the following: Disrespectful, dishonest, rude, untrustworthy, cocky, aggressive, needs to be the center of attention, has a bad attitude, pouts a lot, bossy, gossips, demanding, selfish, bad temper, starts conflicts.
Slide 6: During the relationship game I am sure most of you were classifying these healthy and unhealthy characteristics without even knowing it. The characteristics that you put in your Must Have and Do Not Want sections were these healthy and unhealthy qualities.

Slide 7: What about the characteristics that you selected for "Would Be Nice" or "Does Not Matter? Raise your hand if you will share a characteristic that you classified as "Would be Nice" or "Does not Matter"? Examples may include: Likes to play an instrument, likes hiking, likes swimming, likes hip hop music, likes country music, athletic, can sing, vegetarian, enjoys movies, likes shopping, shy, types of hair, etc. Why did you characterize these cards this way? Students should be able to tell you that these are based on the things that they like personally or value for the "Would Be Nice" and things they do not care for, do, or think about might be placed in the "Does Not Matter" section. Do you think other members of your table group might classify them differently?? Why is that?? Students should be able to tell you that everyone is an individual and has different likes and dislikes. Is it possible that your preferences could be influenced by someone or something other than you? Can someone provide an example??
Slide 8: Analyzing influences - What are some influences that you have in your life? Students should be able to guess based on the pictures: Family, friends, culture, movies, T.V., Internet, and music.

Slide 9: Think Pair Share - Analyze how different influences can have a positive or negative influence on our relationships. Give an example of how being untrustworthy could have a negative influence on a relationship. Give an example of being trustworthy could have a positive influence on a relationship.
Slide 10: Analyze the influence - Each student will have a GREEN, and RED card to hold up. If they think the situation demonstrates healthy characteristics and influences the relationship in a positive way they will hold up their GREEN card, if they think the situation demonstrates unhealthy characteristics and influences the relationship in a negative way they will hold up their RED card.
Slide 11: Jennah came to school on the first day wearing her hijab. Students in her class did not understand the meaning of it and began making fun of her.
Slide 12: Jennah came to school on the first day wearing her hijab. Students in her class did not understand the meaning of it and began making fun of her. Xavier, another student in the class, stood up and told them to be quiet! They stated that a hijab is a head covering worn in Jennah's religion. Xavier asked his classmates how would they feel if someone made fun of the cross that they wear on a chain around their neck?
Slide 13: Ty was invited to see the new Marvel movie with his buddies but instead he went to his little brother's basketball game to cheer him on.
Slide 14: During lunch at school one day, Victoria was talking to her friends about a new video game she had been playing. Her friends were shocked and told her that it is so weird that she plays video games. They said she should do normal girl things instead. Slide 15: Riley loves to paint and draw. She is very proud of her art work, but she doesn't like showing them off. Her friend Sarah is always giving her high praise for her works and supported her decision when Riley decided to submit her artwork to a contest.

## Assessment:

Students will read the following scenario and then complete the written response question provided. Feel free to copy the scenario into the end of the PPT or use the worksheet provided for written response for all students. *Feel free to change the scenario as it would best fit your students' needs.

## Scenario-

Sandra and Kimberly have been friends since kindergarten but as they enter fourth grade they have noticed that some of their interests have changed. Sandra is very interested in playing sports while Kimberly is interested in the arts and literature. Some of their other friends have said they shouldn't be friends anymore since they have become so different.

What advice would you give Sandra and Kimberly in regards to their friendship? Make sure to be specific and explain your thoughts and opinion on the internal and external factors of their relationship.

Closure: Being able to contrast relationships that are healthy with those that are unhealthy will help you find true friends and avoid others who might hurt you or get you in trouble.

Relationship Cards

| Thoughtful | Likes Hiking | Likes Swimming | Enjoys Running | Likes Sports |
| :---: | :---: | :---: | :---: | :---: |
| Athletic | Plays Music | Likes Hip Hop Music | Likes Country Music | Dishonest |
| Trustworthy | Gossips | Plays Video Games | Can Sing | Can Dance |
| Uses Social Media | Is Respected by Others | Wealthy | Has a Good Relationship With Parents | Has Lots of Friends |
| Uses Instagram | Uses Twitter | Rude | Respectful | Disrespectful |
| Good Sense of Humor | Loud | Obnoxious | Polite | Uses Good Manners |

Potential Integration:
ELA

| Wants to go to College | Likes to Exercise | Reads A Lot | Has a Bad Attitude | Pouts A Lot |
| :---: | :---: | :---: | :---: | :---: |
| Needs A Lot Of Attention | Independent | Honest | Speaks Own Mind | Goes To Church |
| Saves Money | Values Friendship | Values Family | Thoughtful | Considerate Of Others |
| Aggressive | Assertive | Passive | Bossy | Demanding |
| Enjoys Riding a Bike | Likes The Beach | Likes The Mountains | From The East Coast | From The South |
| From The Midwest | From The West Coast | Free Spirit | Spontaneous | Well-Organized |

Potential Integration:
ELA

| Enjoys Movies | Intelligent | Listens to Others | Spiritual | Enjoys Art |
| :---: | :---: | :---: | :---: | :---: |
| Enjoys Theater | Enjoys Music | Enjoys Shopping | Likes Golf | Likes Tennis |
| Likes Baseball | Likes Basketball | Likes Football | Has Goals | Makes Good Decisions |
| Has a Dog | Likes Cats | Enjoys Fishing | Lives in Same Town | Lives more than 60 miles away |
| Enjoys Being Outdoors | Confident | Cocky | Has Straight Hair | Wears Glasses |
| Has Curly Hair | Generous | Selfish | Unselfish | Needs to be Center of Attention |


| Likes to Travel | Easy to Talk To | Take Selfies | Respectful of <br> Others | Does Well in School |
| :---: | :---: | :---: | :---: | :---: |
| Expresses <br> Gratitude to <br> Others | Respects <br> Differences in <br> Others | Self-Centered | Humble | Kind |
| Generous | Selfish | Enjoys Listening <br> to Music | Competitive | Not Competitive |
| Carefree | Bad Temper | Artistic | Likes the Beach | Likes the Mountains |



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$\qquad$ Date: $\qquad$

## Assessment 4.ICR.1.6 Contrast Healthy \& Unhealthy Relationships

Read the following scenario and answer the question following in complete sentences.

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