

THE RELATIONSHIP QUOTIENT

CREATING SUCCESSFUL RELATIONSHIPS



TRUST

FORGIVENESS

INTEGRITY

HOPE

COMPASSION

RbE – Relationship Based Education

The Relationship Quotient – Creating Successful Relationships

Following are some simple ideas to help start the RbE learning journey.

These ideas are designed to be simple and need little equipment.

Consider what might work best for your students.

You may decide to combine a couple of the ideas, or even design something that better suits the needs of your class.

You may consider finding a mentor text to help students to learn about each element.

Introduction

- Make a simple poster about the five elements. (literacy, visual arts, SEL)
- Design a puzzle with the five elements for small groups to put back together. (SEL)
- Play 'Who Am I?' with the elements of RbE. Read a simple definition then ask which element the definition belongs to. (literacy, SEL)
- Make a rap that introduces the five elements. (literacy, SEL)
- Show students the five elements and have them guess what each of them mean. Repeat at a later time to see what the students have learnt. (SEL)

TRUST

Trust is the belief that a person will not put their interest ahead of yours. Trust involves giving to another person. You put your faith in someone else and give them the gift of trust in the belief that they will respect and protect you. Trust gives confidence.

- Create an acrostic poem for TRUST. (literacy, SEL)
- Draw a picture of what trust means. (literacy, visual arts, SEL)
- Create a story, song, short play, or poem about trust. (literacy, SEL)
- What animal could you always trust? Why did you choose this animal? (SEL)
- Simplify the definition of trust. (literacy, SEL)
- Google some images of trust and make a trust collage. (visual arts, SEL)
- Make a list of all the people in your lives who you can trust. (literacy, SEL)
- Some people say that trust gives confidence. What does this mean to you? Make a poster to explain your thinking. (literacy, visual arts, SEL)
- Create a simple obstacle course then blindfold a member of the group. Have everyone else call out instructions to help them move through the course. (SEL)
- Make a poster or advertisement promoting the importance of trust. (literacy, visual arts, SEL)

FORGIVENESS

Forgiveness simply means that you “give-for” the relationship to continue to grow. When trust is tested, forgiveness enables trust to be regained with respect and dignity. Forgiveness expresses unconditional faith in the other person. It re-establishes trust when it is threatened. Giving for others and ourselves enables growth.

- Create an acrostic poem for FORGIVENESS. (literacy, SEL)
- Simplify the definition of forgiveness. (literacy, SEL)
- Google some images of forgiveness and make a forgiveness collage. (literacy, visual arts, SEL)
- What is the difference between forgiveness, apologising and being sorry? Discuss. (literacy, SEL)
- Draw a picture of what forgiveness means. (literacy, visual arts, SEL)
- Create a story, song, short play, or poem about forgiveness. (literacy, visual arts, drama, SEL)
- When have you ever had to forgive someone else? Write about what happened. (literacy, SEL)
- Make a radio advertisement about forgiveness. (literacy, drama, SEL)
- ‘Forgiveness’ could be defined as ‘giving for’. What do you think about this? Discuss. (literacy, SEL)
- Can you think of an animal that is forgiving? Why did you choose this animal? (literacy, SEL)

INTEGRITY

Integrity is the intention to do the right thing. Integrity is doing what you say you will do and acting in ways that are fair. When mistakes are made, people repair the relationship through forgiveness and the trusting understanding that each intends to act in ways to strengthen the relationship.

- Play ‘Two Truths and a Lie’ where you say two things that are true about yourself and one thing that is not. The others must guess which one is the lie. (literacy, SEL)
- Set up an obstacle course and blindfold someone and guide them through the course. (SEL)
- Create an acrostic poem for INTEGRITY. (literacy, SEL)
- Simplify the definition of integrity. (literacy, SEL)
- Should you always tell the truth? Is there a time when you should not tell the truth? Discuss. (literacy, SEL)
- Make a list of all the people you can trust. Share your list with others in your class. (literacy, SEL)
- Draw a picture of what integrity means. (literacy, visual arts, SEL)
- Create a story, song, short play, or poem about integrity. (literacy, drama, SEL)
- Google some images of integrity and make an integrity collage. (literacy, visual arts, SEL)
- Some say integrity is doing the right thing when nobody is watching. What does this mean to you? Discuss. (literacy, SEL)

HOPE

Hope is the belief that the future can be better than the present. Hope is the promise to actively give, to care for each other and to strengthen the relationship. When hope is created in relationships, it builds an expectation that mistakes and times of trouble can be overcome.

- Simplify the definition of hope. (literacy, SEL)
- Google some images of hope and make a hope collage. (literacy, visual arts, SEL)
- Draw a picture of what hope means. (literacy, visual arts, SEL)
- Create a story, song, short play, or poem about hope. (literacy, visual arts, drama, SEL)
- Can you think of an animal that always displays hope? Explain why you chose this animal. (literacy, SEL)
- Make a list of some of the things you hope for in your life. (literacy, SEL)
- Create an acrostic poem for HOPE. (literacy, SEL)
- Set a goal that you hope to achieve. Make a plan to help you get there. (literacy, SEL)
- Create an advertisement campaign about hope. (literacy, visual arts, SEL)
- Make a short picture story book about hope. (literacy, visual arts, SEL)
- Listen to 'Hopeful' by Bars and Melody and discuss the lyrics.

COMPASSION

Compassion is the understanding that we all make mistakes. Compassion is accepting this in ourselves and in the people with whom we are in relationship. Compassion is the gift of care to others and to ourselves. It is also the intention to create good rather than harm in the world.

- Create an acrostic poem for COMPASSION. (literacy, SEL)
- Simplify the definition of compassion. (literacy, SEL)
- Write a card or letter to a friend, family member or teacher. (literacy, visual arts, SEL)
- Complete a 'Random Act of Kindness'. (SEL)
- Google some images of compassion and make a compassion collage. (literacy, visual arts, SEL)
- Create a story, song, short play, or poem about compassion. (literacy, visual arts, drama, SEL)
- Play with someone who you don't normally play with. (SEL)
- Think about a friend who may need cheering up and do something kind for them. (SEL)
- Draw a picture of what compassion means. (literacy, visual arts, SEL)
- Make a list of all the compassionate people in your lives. (literacy, SEL)