

BUILDING STRONGER

CONNECTIONS

WORKBOOK



Student Name: _____



RESPECT IN RELATIONSHIPS

Respect vs. Disrespect

Red Flag Behaviour

Golden Rule: Treat others the way you want to be treated

Platinum Rule: Treat others the way THEY want to be treated

Read each behaviour below and either draw a  if it is a healthy, positive and respectful behaviour, or a  if it is an unhealthy, negative and disrespectful behaviour.

Using manners when asking for something		Ignoring someone when they are speaking to us	
Excluding others		Being honest and truthful	
Looking out for younger students		Complimenting and affirming others	
Cleaning up any mess I make		Name-calling and insulting others	
Helping others		Using negative words to make others feel sad	
Becoming aggressive toward others		Being Kind	
Looking for opportunities to bring joy to others		Trying to limit friends having relationships with others	
Pressuring others into negative situations or behaviours		Not listening to your opinions or feelings	
Being sensitive towards others		Yelling in conversation	

RESPECT IN RELATIONSHIPS

Reflection Questions

We need to give respect in order to receive respect.

Answer each question with as much detail as possible in the space provided.

How would you describe respect?

Why is respect so important for our relationships?

Give an example of how you have shown respect to others in the past.

How can you show respect to others in the future?

BUILDING EMPATHY

EMPATHY QUIZ

EXAMPLE:

WHEN:

My Mum doesn't appreciate it when I do all of my chores.

OR WHEN:

My friend forgets my birthday.

I FEEL:

Hurt.

WHEN:

OR WHEN:

I FEEL:

WHEN:

OR WHEN:

I FEEL:

WHEN:

OR WHEN:

I FEEL:

WHEN:

OR WHEN:

I FEEL:

GO-GIVING & MY BIG POTENTIAL

Relationship Bank Accounts

Deposits & Withdrawals

You have to sow before you can reap. You have to give before you can take.

Place each behaviour below into either the Deposit (giving) or Withdrawal (taking) box below. Cross out the words as you use them.

Listening Well

Making rude comments

Being mean on purpose

Being Kind

Being of service to others

Responding to others without care

Spending quality time with others

Being Selfish

DEPOSIT	WITHDRAWAL
<i>Now think of 4 more ways you could deposit into one of your relationship bank accounts</i>	

GO-GIVING & MY BIG POTENTIAL

Relationship Bank Account Reflection Questions

The more you help other people shine, the brighter you become.

Answer each question with as much detail as possible in the space provided.

How am I impacting others with my life and energy?

How do I raise my potential by making others better in my family life?

How do I raise my potential by making others better in my school life?

How will I make a deposit to the Relationship Bank Account of one person I care about the most?

BEING ASSERTIVE FOR BETTER RELATIONSHIPS

After learning about how we can respond to others, connect each word to the corresponding animal.

If using a computer, use the  ,  and  tools to connect the words you find to the corresponding animal.



AGGRESSIVE

WILL TRY TO PLEASE OTHERS

I WIN, YOU LOSE

ASSERTIVE

WILL SHARE MY OPINION RESPECTFULLY

I LOSE, YOU WIN

WILL ARGUE

WILL LISTEN TO OTHERS

PASSIVE

I WIN, YOU WIN

WILL YELL

WON'T EXPLAIN MY OWN WANTS OR NEEDS

CHOOSING TO CHOOSE

Choice and Control wordsearch

Find and mark each word from the list in the word search. Tick off the words in the list as you find them in the word search.

If using a computer, use the  ,  and  tools to mark the words you find.

K	O	I	E	M	I	S	T	A	K	E	J	H	I	F
I	O	H	X	H	A	T	C	H	O	I	C	E	S	O
N	W	A	C	O	C	T	O	C	W	B	F	F	W	R
D	N	Z	U	N	W	O	T	H	E	R	S	A	G	G
N	E	O	S	E	C	D	A	J	I	O	E	E	K	I
E	R	Z	E	S	O	E	V	D	L	L	M	R	Q	V
S	S	C	S	T	N	N	A	S	B	A	V	T	D	E
S	H	V	H	Y	S	Y	S	A	L	Z	L	I	S	N
G	I	U	Z	F	E	I	T	B	K	U	F	N	Q	E
X	P	F	F	G	Q	N	Q	E	A	Y	O	V	W	S
N	P	M	L	M	U	G	V	F	E	P	M	O	N	S
R	V	A	U	O	E	T	X	L	S	I	P	F	G	Q
M	Y	H	C	V	N	D	F	E	Z	V	R	J	O	I
V	U	C	E	I	C	T	R	E	S	P	E	C	T	A
G	A	I	F	E	E	M	J	I	I	D	V	O	T	J

ACCOUNTABLE
OWNERSHIP
BLAME
CHOICES
FAULT
DENYING
RESPONSE
KINDNESS
HONESTY
CONSEQUENCE
RESPECT
MISTAKE
FORGIVENESS
OTHERS
EXCUSES

CHOOSING TO CHOOSE

Above and below the line behaviour

Response-Ability = Our Ability To Respond

Place each thought / behaviour either above or below the line from your learnings during the Choice and Control session. Cross out the words as you use them.

OWNERSHIP	EXCUSES	ACCOUNTABILITY	SOLVING	VICTIMISING
DENYING	IGNORING	HOPING	CHOICES	BLAMING
TAKING ACTION	RESPONSIBILITY	SEEING FAILURE	FINDING BETTER WAYS	FINDING FAULT

ABOVE THE LINE = VICTORY

BELOW THE LINE = VICTIM

CHOOSING TO CHOOSE

Circle of control

INSIDE THE CIRCLE = INSIDE OF OUR CONTROL

OUTSIDE THE CIRCLE = OUTSIDE OF OUR CONTROL

Place each thought / behaviour either inside or outside the Circle of Control. Tick off the words as you use them.

WORLD NEWS	BEING KIND	PAST MISTAKES	OTHERS BEING HONEST	DOING MY HOMEWORK
BEING RESPECTFUL	FORGIVING OTHERS	CONSEQUENCES OF MY CHOICES	OTHER PEOPLE'S DECISIONS	NOT GIVING UP
RESPONDING TO SITUATIONS	APOLOGIZING	PEOPLE FORGIVING ME	THE WEATHER	STUDYING FOR TESTS



STRONGER CONNECTIONS

Reflection Questions

The more you help other people shine, the brighter you become.

Answer each question with as much detail as possible in the space provided.

What did you learn about the importance of relationships?

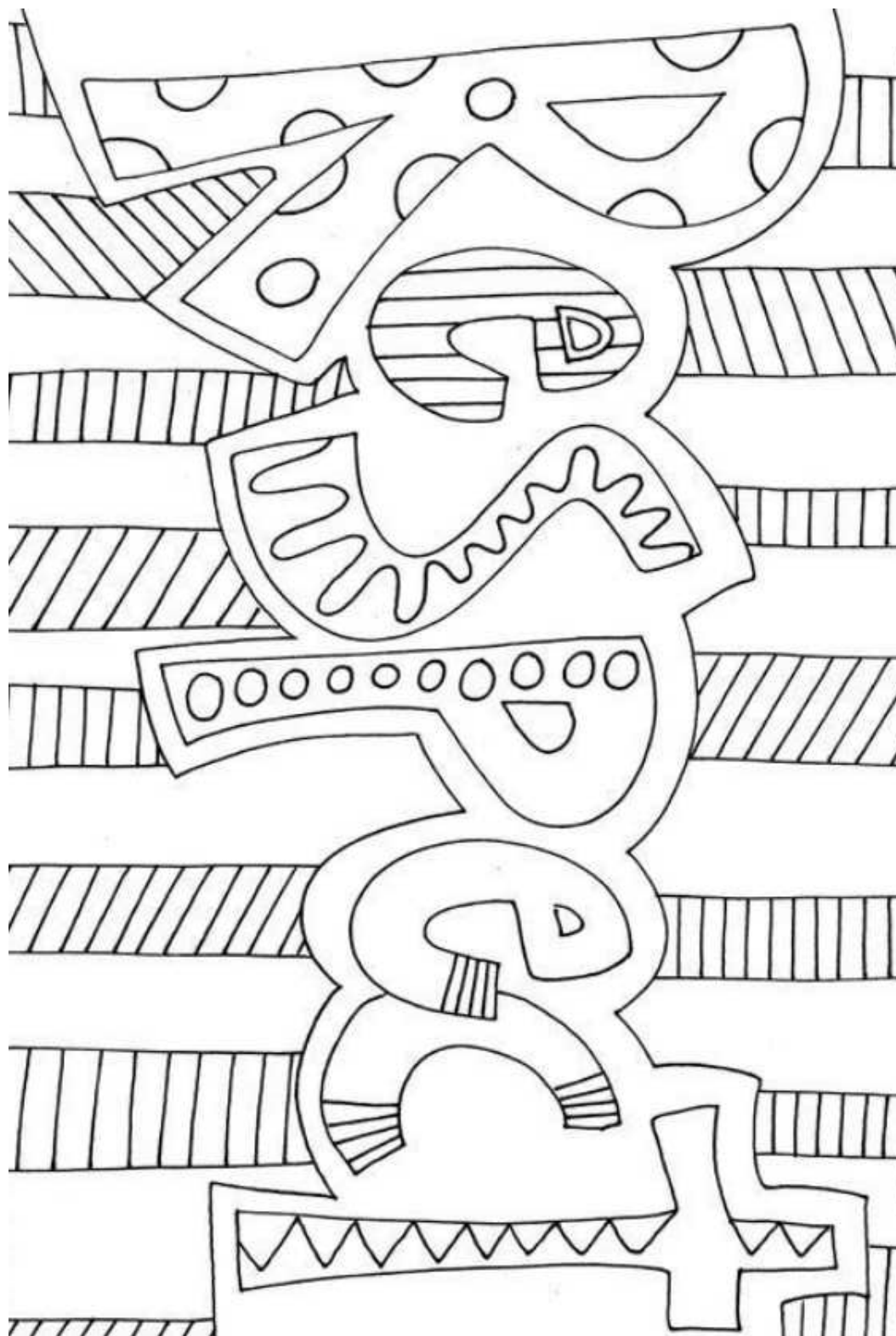
What strategies did you learn for making new friendships?

What strategies did you learn for making your relationships better?

What is your biggest learning from the Stronger Connections Program?

CONNECTIONS

STRONGER



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**UNLEASHING PERSONAL
POTENTIAL**



**Improving student performance by
building growth mindsets, grit and
wellbeing.**