

## **Belonging: Keep relationships going**

**Approximate time:** 20 minute tutor time session

**Materials:** Belonging tables handout

**Aim/outcome:** To consider why it is important to have good relationships and why it is important to maintain them. Students say: Some students may be looked-after children and they may not have had the chance to form long-term relationships. As a Tutor it is important that these students feel supported and are not made to feel inadequate. As a Tutor you could help them fill out the tables and suggest people that share good relationships. By doing this you are building up their resilience and reaffirming that they do have positive relationships in their lives.

### **Explanation:**

Ask students why relationships are important.

- What relationships have they had for a long time?
  - What good relationships do they have in their lives: eg mum dad/ grandparents, neighbour, corner shop worker, youth worker.
- Using the belonging table handout ask students to think of two important relationships they have in their lives and to answer the following questions:
  - Name an important relationship in your life and say what role that person has?
  - Consider what they need to do to maintain and keep a good relationship going?
  - What can they do to make it a good relationship?

### **Expansion activity:**

Ask students to write a list of instructions on how to maintain good relationships with friends and family.

### **One-to-one:**

Ask the student to fill out the belonging tables and answer the above questions

**Students say:** Some students may be looked-after children and they may not have had the chance to form long-term relationships. As a Tutor it is important that these students feel supported and are not made to feel inadequate. As a Tutor you could help them fill out the Handout and suggest people that share good relationships. By doing this you are building up their resilience and reaffirming that they do have positive relationships in their lives.

**Belonging table handout:**

<b>Important relationship:</b>	
<b>Role they have in my life:</b>	
<b>Why they are important:</b>	
<b>How can I maintain this relationship and keep it going?</b>	
<b>What can I do to make it a good relationship?</b>	

<b>Important relationship:</b>	
<b>Role they have in my life</b>	
<b>Why they are important:</b>	
<b>How can I maintain this relationship and keep it going?</b>	
<b>What can I do to make it a good relationship?</b>	