

# WYRKSHOP MOBILE MAKERSPACE

## SELF-AWARENESS: AD FOR A "FRIEND"

ESTIMATED TIME: 1 HOUR



### LEARNING OBJECTIVES

You will work to :

- Identify qualities of a healthy relationship
- Describe the role that trust, respect, empathy, and equity has with regard to healthy relationships

### LIFE SKILLS LEARNED:



LEVEL: 1

### MATERIALS NEEDED / THINGS TO REMEMBER:

- Maker crates
- Maker space journal

# INTRODUCTION



Relationship skills are the ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. Some of the ways to demonstrate relationship skills are through clear communication, active listening, cooperation with others, resisting inappropriate social pressure, conflict resolution, and seeking and offering help when needed.

Relationship skills are critical to success in life and work. Without relationship skills one will struggle to interact with others, professionally and personally. Additional benefits of relationship skills and building positive relationships include better self-regulation, improved goal-making skills, higher academic achievement, and greater self-motivation.

## THINGS TO REMEMBER!

### ASK YOURSELF: WHAT MAKES A HEALTHY RELATIONSHIP?

**Respect** - Respect each person as an individual. A healthy partnership means learning about the other person & valuing what's important to them.

**Trust** - Means that you feel that you can count on each other & that the other person will be there for you. Trust needs to be earned over time & can be lost with a broken promise.





Be Honest about thoughts & feelings. It is the “real me” that our partner wants to get to know.

Communication - Is how we show our respect, trust & honesty. It requires listening & sharing thoughts & feelings.

## TAKE A LOOK AT THE TABLE BELOW TO GET AN IDEA ON WHAT HEALTHY AND UNHEALTHY RELATIONSHIP LOOKS LIKE:

Healthy Relationships	Unhealthy Relationships
You feel good about yourself when you're around the other person.	You feel sad, angry, scared or worried.
You do not try to control each other. There is equal amount of give & take.	You feel you give more attention than they give to you. You feel controlled.
Communication, Sharing & Trust. You feel safe & trust to share secrets. This requires listening.	You do not communicate, share or trust.
You like to spend time together but also enjoy doing things apart.	You feel pressured to spend time together & feel guilty when apart.
It's easy to be yourself when you're with them.	You feel the need to be someone or something that you're not.
You Respect each other's opinion. You listen & try to understand their point of view even if you don't agree.	You feel there's no respect for you or your opinion. You're not able to disagree.
There is no fear in your relationship.	You fear.

# OUTLINE OF ACTIVITY

## STEP 1

In this activity you will be using your creativity to develop an “Advertisement for a Friend”.

Think about the qualities you would like a new friend to have and how those qualities would contribute to the development of a healthy relationship. Make a list of those qualities.

Not everyone values the same qualities in a friend. So groups may have very different ideas. Encourage individuals within a group to come to an agreement about the qualities while noting the qualities there was disagreement about.

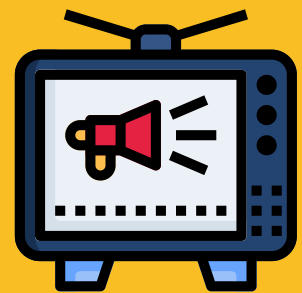
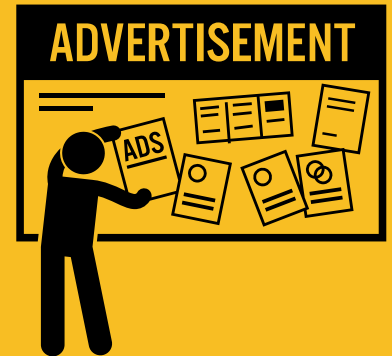
## STEP 2

Ad for a Friend - List of Potential Friendship Qualities	
Honest Caring Compassionate Easy-going Common interests Pleasant or Cheerful Supportive Loyal Has good boundaries Respectable/Respectful	Kind Fair Assertive Respectful Good Listener Fun to be with Helpful Trustworthy Dependable Intelligent

## STEP 3

Be creative in the development of the ad! You can simply write it in newspaper style advertisement, make a 3-D advertisement using the woodworking tools or sewing materials, or you might use the cricut to make a poster or you could even make a video to act out a scenario as in a TV commercial.

If you have trouble coming up with ideas, you can refer to the provided a list of qualities (attached).



## REFLECTION QUESTIONS!

Identify important relationships in your life. What aspects of the relationship make it important to you?

## MAKERSPACE CREATION CHALLENGE!

Identify important relationships in your life. What aspects of the relationship make it important to you?