



P.E.R.M.A.

POSITIVE **RELATIONSHIPS**

Week 4

GUIDING QUESTION:

HOW DO POSITIVE
RELATIONSHIPS MAKE A
DIFFERENCE IN YOUR
LIFE FOR THE BETTER?

CIRCLE UP!

1) Think of the most positive relationship in your life. It can be someone in your family, a friend from school, or a neighborhood friend. What characteristics do these people have that make these relationships positive?

2) Share a specific example of a way a positive relationship has either decreased stress in your life or increased well-being.

3) What are your responsibilities as a friend or classmate to others? To what extent, if at all, are we responsible for trying to make other people happy? Debate (using academic discourse) encouraged!

TUESDAY



Love and Kindness...

1. Focus on wishes of love and kindness for yourself. Silently, to yourself, say, "May I be happy, may I be well, and may I be at ease." Repeat 3 times, silently.
2. Send kind wishes to those you care about saying silently to yourself, "May you be happy, may you be well, may you be at ease." Repeat 3 times, silently.
3. Repeat this process a few times, if you'd like to send love and kindness to specific loved ones.

SHARE:

WHAT EMOTIONS DID THAT ACTIVITY BRING UP FOR YOU?

WHAT WAS IT LIKE TO SEND WELL WISHES TO PEOPLE WITHOUT TALKING TO THEM?

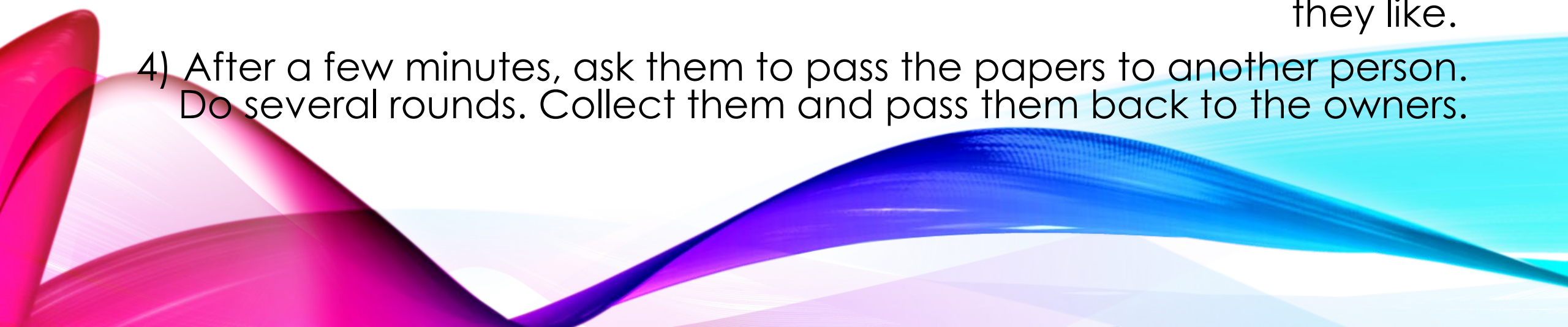




WEDNESDAY

ACTIVITY: WRITE YOUR NAME ON THE SHEET HANDDED OUT TO YOU

The Write Around

- 1) Give each member of your family a handout that has several sentences starters on it, with space for writing after each one:
 - 2) Pass them out and have each family member write their name at the top of their paper
 - 3) Next, collect them and randomly pass them out. Tell everyone in the family they have two minutes to complete one of the sentences of the paper they get. They can respond to more than one sentence starter if they like.
 - 4) After a few minutes, ask them to pass the papers to another person. Do several rounds. Collect them and pass them back to the owners.
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ACTIVITY: WRITE YOUR NAME ON THE SHEET HANDDED OUT TO YOU



- One idea I've gotten from you is...
- I really like your personality because...
- I know I can count on you when...
- I really appreciate when you...
- I am impressed by the way you...
- I look forward to seeing you because...

DEBRIEF

What did you like about this activity?

How did it make you feel when you received your paper with positive affirmations from your family members?

Do you think words of encouragement contribute to the positive relationships in your life? Why or Why not?

THURSDAY

Week 4



DISCUSSION

Share

- What's one of your favorite things to do with your family?

Think

- Why do you think that activity or memory has become important to you?

JOURNAL TIME!



Take 5 minutes and complete the prompts:



Can you think of a time when a positive relationship helped you when you were feeling down?



What are some examples of times when you've helped a friend or family member when they were feeling down?

FRIDAY REFLECTION

What barriers stand in the way of building positive relationships? How might you break these barriers down?

What can you do to bring more positive relationships at JTM?

To close, we're going to go around the circle and each person will share one thing they appreciate about the person to their right. Examples, "You always make me laugh!" "Last week you helped me understand my homework." "You tell the best stories!"