

## FEELINGS INSPECTORS RESOURCE

### Relationships

# Getting Started

## Me in the middle

### About this activity

This activity introduces children to thinking about relationships – it encourages children to think about the different kinds of relationships they have and why some of those relationships are particularly important to them. It can help us to begin to talk about what we think is important in positive relationships and how those relationships support us.

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**Honesty, trust, being together often and loyalty make close relationships.**

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### What do we need?

- Paper
- Pens/pencils

### Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).





## Me in the middle

Once the children have finished, bring them back together and ask them to share their images. Have an open ended discussion about the decisions children have made and how they made them – make sure to emphasise that there are no right or wrong answers and everyone will have differences because we all have different relationships. You may wish to prompt discussion with some of these questions:

What makes a relationship close?  
 What helps you to feel close with someone?  
 What can you talk about or do with those people that you can't with others?  
 Why is that important?

Example from the Feelings Inspectors in Glasgow when asked 'What can you do/talk about with the people you're closest too that you couldn't with others?'

“ You can tell them secrets because you know you can trust them. ”

“ If one of your family members passed away, you could talk to them about that. ”

As always, leaving enough time is important. Though this can be a fairly quick activity, the children shouldn't feel rushed and the discussion at the end is still important.

**Top tip**

### A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).