

FEELINGS INSPECTORS RESOURCE

Relationships

Relationships are like bridges

About this activity

This longer creative task can be used to follow the Me in the Middle activity. In this activity, the children experience the relationships they have with each other by working together as a team while thinking about the components of a positive relationship.

What do we need?

Paper, card

Tape

scissors

glue

string & any other spare craft materials you have available such as paper straws or wooden lollipop sticks.*

*If resources are limited, this can also be done with just paper, tape & scissors

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](#).

“

It helped us think about relationships because we had to work together as a team.

”



Relationship Bridges

Instructions

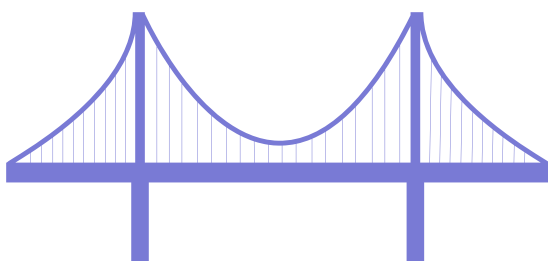
Introduction

Having talked a little about the components of a positive relationship (through the Getting Started activity), explain to the children that they are going to create something that can be a metaphor for a relationship. You could explain a metaphor with this:

'A metaphor is a comparison which is not literally true. It suggests what something is like by comparing it with something else with similar characteristics. For example a person saying they are a colour: "I'm feeling blue". Or this description of love: "Love is a journey of water and stars".'

Explain that in this activity we are going to say 'relationships are like bridges! Let's find out more...

Show children some images of different kinds of bridge (Arch bridges, Truss bridges, Suspension bridges, Cantilever bridges etc.) and talk about the different ways that they support weight – the children may know that arches and triangles are strong shapes, for example. Ask the children which parts of the bridge structures are like which parts of a strong relationship – for example, we could say that the cables on a suspension bridge, because there are lots of them at regular intervals, are like the day-to-day conversations we have with people we're close with.



Relationship Bridges

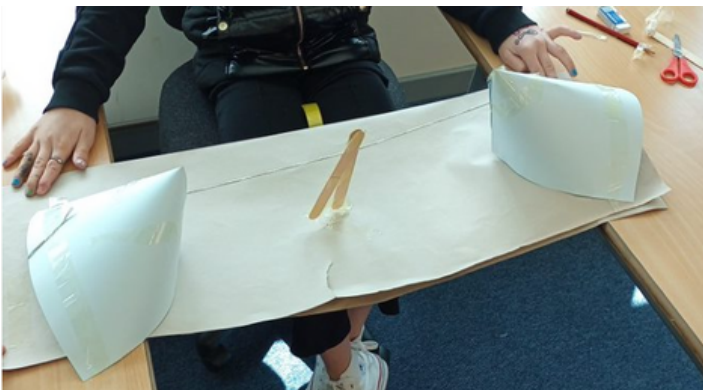
Building

Explain that today we'll be working together in groups to build bridges that remind us of the different elements of a good strong relationship.

**How will they make sure everybody feels like they are making decisions?
How can they make sure the work is shared out fairly?**

Show the children the materials they can use and ask them to think about which kind of bridge they want to make. Explain that they will be making the bridge to span a gap between tables and at the end it will be tested to see if it can support weight. Give the children some time to sketch some design ideas before they start building.

Give the children at least 45 minutes to work on their bridges. Try to allow them as much independence and freedom as possible. Once they have completed their bridges, they can use objects (books, for example) to test how much weight their bridge can support.



Relationship Bridges

Reflection



This can be completed as a stand-alone session afterwards

Start by returning to the bridge-as-metaphor discussed before –

While you were building, did you think about the metaphor? Did you think about relationships you have or parts of your bridge which might represent parts of a relationship?

Then ask the children to reflect on their relationship as a group –

Did you work well together? What helped you to work together? Did anything get in the way of you working together? Did you notice anyone in your group making an effort to make sure you worked well together? Can you think of times in your friendships when you have to use these same skills to make sure you're getting along?

Our Feelings Inspectors pointed out that it is less successful if you try to talk about relationships during the building process – it is best to leave time to do this after bridges have been built.

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](#).