



# MAY Relationships



## TALK TOPICS:

### 1. Relationship with God

- Personal vs. Religious.
- I am a beloved Son of God.
- An attitude reflecting God's Grace in my life.

### 2. Relationship with myself

- Be kind to yourself (forgiveness, tolerance, etc).
- Set boundaries and create balance.
- Get to know yourself (likes, dislikes, skills etc).
- Prioritise YOU.

### 3. Relationship with family (mom, sibling, etc).

- You are part of a family - play your part.
- Boundaries in terms of role and function.
- Blood is thicker than water.

### 4. Relationship with Girls

- They are awesome and they are different.
- Respect remains key.
- They are precious.

### 5. Relationship with others (friends, etc).

- I am part of a community.
- The value of good friendships.
- Friends vs. Gangs.
- Being a positive influence.

*WEBSITE: TCC will include links of interest that support our curriculum on our website, please log in and visit the MENTors page where you will find regular updates and relevant information. You are welcome to send marketing.ch@racter any suggestions that can be included.*





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The best way to teach children anything is to make it fun and involve as many of their five senses as possible.

## IDEAS & TIPS:

### GAMES & ACTIVITIES

#### Keys to a great self-esteem

Get your boys to create a set of paper keys. One side each key they list their best qualities - characteristics they are most proud of. These are the keys to their self esteem.

This idea can be used for all relationships. They can add keys to their friendship rings as they discover more qualities.



#### Friendship - Value Chain

Cut out a paper chain of boys - encourage your boys to write down on each one, the best qualities and characteristics they should have or must look for in friends. This will help bring the concept of how these "value-chains" connect friends. They can make these chains as long or as short as they feel necessary.

Get them to stick these up on their bedroom walls where they can see them every day and be reminded of these values.

#### ACQUIRING NEW SKILLS

The key relationship is with your self. Talk to the boys about negative self-talk and ways they can change what they say to themselves.





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## Self-Esteem Check-Up

**Directions:** Rate from 0 to 10 how much you believe each statement. '0' means you do not believe it at all and '10' means you completely believe it.

Statement	Rating
1. I believe in myself	_____
2. I am just as valuable as other people	_____
3. I would rather be me than someone else	_____
4. I am proud of my accomplishments	_____
5. I feel good when I get compliments	_____
6. I can handle criticism	_____
7. I am good at solving problems	_____
8. I love trying new things	_____
9. I respect myself	_____
10. I like the way I look	_____
11. I love myself even when others reject me	_____
12. I know my positive qualities	_____
13. I focus on my successes and not my failures	_____
14. I'm not afraid to make mistakes	_____
15. I am happy to be me	_____
<b>Total Score</b>	_____

Overall, how would you rate your self esteem on the following scale:

0 \_\_\_\_\_ 10

I completely dislike who I am I completely like who I am

What would need to change in order for you to move up one point on the rating scale? (i.e. For example, if you rated yourself a "6" what would need to happen for you to be at a "7"?)

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