

# Relationship Building Activities & Lesson Plans

## What is Relationship Building?

The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups

Building relationship skills can include but is not limited to:

- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem solving
- Resolving conflicts constructively
- Seeking or offering support and help when needed
- Showing leadership in groups
- Standing up for the rights of others

## Resources & Videos

### Staff Video

[Relationship Skills Adult SEL Relationship Building Activities for Staff](#)

### Students & Families:

[Relationship Building Activities for Students](#)

Here is a quick video that you can share with students and families about Relationship Skills

[Relationship Skills & SEL SEL for Parents](#)