

LESSON OVERVIEW



Title: Building Healthy Connections

Grade Level	Lesson Type	Duration
4-6	Individual/Class	
Subject	Skill(s) Developed	
Social Studies	Critical Thinking	
Drama	Collaboration	
Phys. Ed and Health	Creative Thinking	



Topic: Understanding conflict in relationships

Learning Goals :

By the end of this lesson, learners will be able to differentiate between healthy and unhealthy connections with others. This will include family and friend relationships. Learners will recognize, analyze and resolve conflicts within these relationships and its connection to people experiencing homelessness.

Materials Needed:

- Chart Paper
- Markers
- Conflict Reflection activity worksheet (included)
- Unhealthy Connections Quiz worksheet (included)

Pre-Requisites:

Introduction to the Shoebox Project

Introduction to the Shoebox Project 2



Building Healthy Connections

Lesson Plan: Gr.4-6

OBJECTIVE

Understand healthy and non-healthy communication at home

PREPARATION

To prepare yourself and the learners for the lesson, instructor should review the **Teacher's glossary** at the end of this lesson for definitions/explanations related to: domestic conflict and conflict resolution. Instructor should review all activities and discussion questions prior to beginning the lesson.

ACTIVITIES

1. Activity 1: Conflict Corner
2. Activity 2: Unhealthy Connections Quiz

RESOURCES

[Amaze Org Resources](#)

LESSON OUTLINE

Begin this lesson by asking the learners the following question: How do you show love to others? Create a chart with the learners and ask them to identify ways that you can show someone that you love or care about them. After initial discussion, learners will complete **Activity 1: Conflict Corner** followed by **Activity 2: Unhealthy Connections Quiz** to help learners identify healthy and unhealthy conflict resolution skills that can occur and understand how relationships with conflict can lead to people experiencing homelessness.

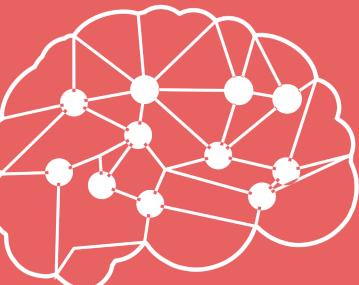
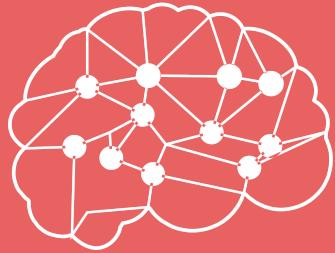
EVALUATION

After the completion of activity 1-2, instructor may use the Evaluation rubrics to assess learning goals.

Evaluation Rubric(s): Critical Thinking Skills and Collaboration Skills, Creative Thinking Skills



Activity



Title: Conflict Conflict

Grade Level	Lesson Type	Duration
Gr. 4-6	Group Activity	
Subject	Skill(s) Category	
Social Studies Drama	Analyzing Problem Solving Team Building	



Topic: Understanding Conflict

Materials Needed:

- Pencils
- Lined Paper
- SBP Conflict Corner activity worksheet

Instructions :

- 1 Begin the activity by asking learners discussion questions 1-5.
- 2 Put learners in pairs then print and hand out a copy of the SBP Conflict Corner activity worksheet to each pair
- 3 Follow up activity with discussion question 6.
- 4 Evaluation Rubric(s): Critical Thinking Skills, Creative Thinking Skills, Collaboration Skills

Discussion Questions:

- 1.What is a conflict? What are different types of conflict?
- 2.What are some ways that people resolve conflict?
3. Which of these resolutions are healthy? unhealthy?
4. With a partner share a disagreement, argument or fight you have had with family member and how you handled it.
5. Discuss how it made you feel?
- 6.What are the possible effects of unresolved conflict?

Conflict Corner



Instructions: Conflict corner is an online chat in which students share conflicts that they are having with family and friends. The chat hosts help them solve their problems. This week, you and your partner will be guest hosts and give advice to students. Take a look at the conflicts and prepare your responses to share with the class. Make sure to include the following information:

- A clear description of the conflict
- Reasons why it's important to resolve the conflict
- At least two suggestions for resolving the conflict

1

Student 1: Leo

Leo, 13, is a slim and rather small young boy. He is often bullied by his older brothers while at home. This time, he replies that they should not harass him all the time, and that they are behaving like non-educated, primitive people. As a consequence, this brothers start beating him severely. Leo' is afraid to tell his parents about what happened because he doesn't want his brothers to get in trouble.

2

Student 2: India

Sarah, a girl in your program, has accused another girl, India, of stealing her flashlight. Sarah screamed at India in front of all of their friends, but India argued back that she hadn't stolen it.

3

Student 3: Jared

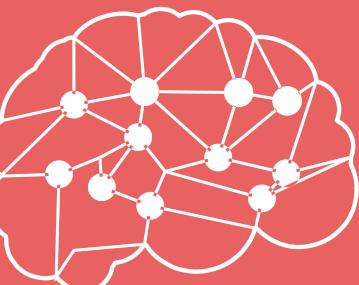
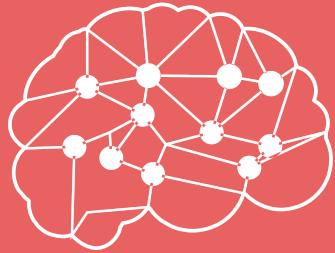
Jared, a boy in fifth grade was approached by another boy, Samuel, to play cards during free-time. Jared told Samuel that he did not want to play with him. Since that time, Samuel has continued to approach Jared every day during free-time to join in an activity. Samuel has few friends and seems desperate to make friends with Jared. Jared is beginning to feel harassed by Samuel.

4

Student 4: Hannah

Terri and Kelly are good friends, but Kelly dislikes how Terri sometimes makes mean comments about her appearance. She doesn't feel comfortable confronting Kelly about this. When she finally decides to, Terri denies this and says Kelly is overreacting and refuses to listen to her. After talking to Terri, Kelly feels worse and more unsafe in this friendship.

Activity



Title: Unhealthy Connections Quiz

Grade Level	Lesson Type	Duration
Gr. 4-6	Individual Activity	
Subject	Skill(s) Category	
Social Studies	Analyzing Problem Solving	



Topic: Conflict, violence and relationships

Instructions: Watch the following videos and then complete the quiz below about domestic violence. Discuss the answers as a class once complete and reflect using the discussion questions below.

Materials Needed:

- SBP Domestic Violence Quiz activity worksheet

Discussion Questions:

1. Is conflict always violent?
2. What is domestic violence?
3. How can conflict such as domestic violence lead to homelessness?

1 Video 1: Fighting Fair

2 Video 2: What makes a relationship healthy?

3 Video 3: Intimate Partner Violence

Unhealthy Connections Quiz

1. What is conflict?

- a) Behaviour involving a physical , verbal or emotional disagreement
- b) Behaviour involving handshake, hugs and showing affection towards your friends
- c) Hitting someone in the face
- d) None of the above

2. What is domestic violence?

- a) Using your power to intimidate, harm or abuse someone in any relationship
- b) Pushing your sibling on a swing at the park
- c) Having a pillow fight in the house
- d) both b and c.

3. Conflict can have the following effect:

- a) Physical and mental abuse
- b) Homelessness
- c) Conflict resolutions
- d) All of the above

4. On any given night in Canada, 3,491 women and their 2,724 children sleep in shelters because it isn't safe at home.

- a) True
- b) False

5. Intimate partner and/or family violence is a key pathway into homelessness for women and children. _

- a) True
- b) False

Unhealthy Connections Quiz (answer key)

1. What is conflict?

- a) Behaviour involving a physical , verbal or emotional disagreement
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- a) True
- b) False

5. Intimate partner and/or family violence is a key pathway into homelessness for women and children. For more information, [click here](#)

- a) True
- b) False



Glossary



Grade Level

Gr.4-6

Subject

**Social Studies
Drama**

Lesson Title

**Building Healthy
Connections
Description**

The glossary section provides definitions and explanations for the lesson.

DEFINITIONS

Conflict

A conflict is a struggle between people which may be physical, or between conflicting ideas. Conflicts can either be within one person, or they can involve several people or groups. [Full definition here](#)

Conflict Resolution

Conflict resolution is a set of ideas and ways to reduce sources of conflict. Successful conflict resolution usually involves fostering communication among disputants and problem solving that meet their underlying needs. [Full definition here](#)

Healthy vs. Unhealthy relationships

In healthy relationships, people can feel safe, respected and accepted for who they are. In unhealthy relationships, people may feel anxious, confused, uncertain and even unsafe. [For more information click here](#).

Domestic Violence

Domestic abuse is sometimes called ‘domestic violence’ and it can involve an adult threatening, bullying or hurting another adult in their family or who they’re in a relationship with. Young people can directly or indirectly experience domestic abuse too, as a result of the hurt that an adult is causing another adult in their family. [For more information click here](#)

Conflict and Homelessness

People can become homeless because of challenges they experience within their families. Conflicts – whether related to abuse, mental health, or other issues of young people or family members – can often lead people to the streets. [For more information click here](#)

LESSON RESOURCES

1. **Teacher's Guide-** The teacher's guide provides an introduction to The Shoebox Project lessons. This includes information about The Shoebox Project, why it matters and the learning objectives for these lesson plans. Please [click here](#) for details.
2. Conflict Corner Activity -[Classroom Kidshealth.org](#)
3. Evaluation rubrics- [Click here](#) to download

Available community resources for Domestic Violence

Assaulted Women's Helpline

www.awhl.org

1-866-863-0511

#safe(#7233)

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

Shelter Safe

www.ShelterSafe.ca

Women's Shelters Canada

www.endvaw.ca

Talk4Healing

www.talk4healing.com

Domestic Shelters Ontario Domestic Violence Help

www.domesticshelters.org/help/on

211 Ontario
abuse/assault

Ontario Association of Interval and Transition Houses

www.oaith.ca

Hot Peach Pages

www.hotpeachpages.net/canada/index.html