

# MY RELATIONSHIPS: HOW DO WE SHOW PEOPLE WE CARE FOR THEM?



## Lesson Objectives:

- Children will consider who we can feel love for.
- Children will think about whether we can feel different types of love in different relationships, such as within families, between friends & romantic relations.
- Children will explore different ways we can show people who are important to us that we care about them and the difficulties of sometimes doing so.

## Key Messages:

Children will think about all the different types of people we can feel love for and if this love is all the same. Do we love our friends in the same way we love our parents? Our siblings in the same way we love our pets?

The fact that two men and two women can love each other too and get married, may be mentioned.

Children will also explore how we show people we love each other - not everyone shows love in the same way... *Telling people we care about them isn't always easy - but is important to show them in other ways, for example, we could make them something, give them a present, say something nice, or simply remember to say thank you...*

## Closing:

Today we have talked about the important people in our lives and all the people we can feel love for. There are lots of ways we can show we care for the important people in our lives. It is nice to know that people care about us, and it is important to show people that we care about them equally.

## CARRYING ON THE CONVERSATION AT HOME:

Take the opportunity to talk about the important people in your family and the different family structures and dynamics you have in place. Most families are a little complicated and chaotic - there is no such thing as a perfect family. Talk about the little things you may do at home that show how people care for each other. No family gets it right all the time.

Brothers and sisters may fight and fall out. There may be members in the family that no longer talk. Equally, some family members may have had changes in circumstances - a divorce or separation that makes things difficult.

Ask your child about who they can feel love for... include friends, family members, siblings and pets. This is not a question of who do you love the best... it is about encouraging children to understand that feeling are complicated and that we can feel love for many different people in many different ways. There are different types of love - and some relationships are healthier than others.



### Useful Links:

- Find out more about how and why we talk to children about diverse families.
- check out the books in our library suggestions.