

# Wellbeing Space: Respectful Relationships

Across the Colac PS community children and their teachers are working through the Respectful Relationships curriculum. This provides children with an opportunity to enhance their emotional literacy skills, and develop strategies for building healthy relationships for life.

Over term 1, children have been developing their emotion vocabulary and personal strengths. This week I got the opportunity to work in room 3. We focused on the school value of Tolerance. The children made some great connections between the picture story books we read and the game we played, making great suggestions for how they demonstrate Tolerance towards other people who are different to them.

Spencer - "Ways to be tolerant if you are behind someone that is slower than you in a game, don't always go for the slow person in a game, give everyone a chance"

Madison - "It is respecting other people's differences, eg. I am the only one allergic to gummies"

Mineth - "Respecting other people's opinions if they are different to yours"

In room 7, we continued to work on and perform roleplays that were centred around the idea of understanding other people's feelings and how people might look when they are experiencing different feelings.



Here are a couple of the groups planning and performing.

In room 8, the focus was on a mindfulness activity that began with an independent activity and then some children chose to work in small groups to build things with a range of 3D shapes. This activity centred the children post recess and encouraged reflection on how it feels for them when they are in the green zone. Then they had a go at creating a graph of their emotions throughout their day, linking it in with the zones of regulation.

