



Virtual Leadership Development

Weekly Leadership Lessons for 4th and 5th graders

Relationship Skills & Building Relationships

Week of May 25th

1. Complete this week's lesson and activity focused on Relationship Skills and Building Relationships!
2. Complete the Game with a Friend: Virtual Challenge!
3. Don't forget to teach others in your home some new games this week from the **WEEKLY GAME OF THE DAY CHALLENGE**.
 - This week the challenge includes:
 - Huckle Buckle Beanstalk
 - I See I See
 - Hopscotch
 - Lava
 - Spike Ball



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Relationship Skills

Definition: *Involves the ability to create and keep healthy relationships.*

Guided Questions:

Answer the following questions as you watch two short videos on relationship skills

[Relationship Skills Video 1](#)

[Relationship Skills Video 2](#)

Answer the following questions based off of what you see and hear in [Video 1](#).

Relationship skills involve communicating clearly, dealing with _____ peacefully, active _____, asking for help when needed, and _____ peer pressure.

Consider the scenario about Alex. She has very few friends. She is very shy and doesn't know how to make friends.

1. What are some new ways Alex can make new friends?
2. How might Alex join in a conversation with her classmates?
3. Name 2-3 ways you might make a friendship that you have stronger!

Answer the following questions based off of what you see and hear in [Video 2](#)

1. What do you think a healthy relationship is?
2. How do you balance your friendships and relationships while practicing social distancing?



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Building Healthy Relationships

This can be tricky while practicing social distancing, but it's even more important than usual to take care of our relationships during this time. For this activity, we want you to check, connect, and reflect (as you heard in the video!) to practice building healthy relationships.

CHECK: Check in with a friend or family member. Send a text, email, or phone call to someone that you want to catch up with! Write in below your plan for checking in with a friend or family member:

- Who?
- When?
- How?

CONNECT: Connect with someone who you'd like to get to know a little bit better. Write in below your plan for connecting with this person, and what you might want to talk to them about.

- Who?
- When?
- How?
- What might you ask them or talk about?

REFLECT: How could you improve yourself and grow to be a better friend? Name a few specific things you could do to grow as a friend. Make a plan for how/when you will work on these things this week. Write your plan below!



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Play a Game with a Friend: Virtual Challenge

Playing with friends is a great way to build positive relationships. Although play might look a little different now, there are plenty of games you could play virtually with a friend.

Below are 5 games you can play virtually with one or more friends! ***We are challenging you to reach out to someone this week and find a time to play at least one of the following games virtually. Bonus if you play all of them! Click the title of the game to go straight to the game instructions on how to play virtually.***

<i>Game Name</i>	<i># of players</i>	<i>Where to play</i>
<u><i>What Changed?</i></u>	2+	Video
<u><i>Charades</i></u>	2+	Video
<u><i>Seven</i></u>	2+	Video or phone
<u><i>This is My Nose</i></u>	2+	Video
<u><i>Did Ya Ever?</i></u>	2+	Video or phone



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What Changed?

Set Up

- Play Rock, Paper, Scissors to see who will play each role (frozen player or guesser).

How to Play

- The frozen player will stand in a frozen posture in view of the camera and the guesser will memorize how they are positioned.
- Then the guesser turns around and the frozen player changes one thing about their stance or appearance.
- When ready, the guesser(s) turn back around.
- If that person guesses right, they trade places with the frozen player.
- If playing with just 2 players, you can have the frozen player make more than 1 change to their position or appearance and give the guesser a set amount of time to guess each change. Once the time is up, have players switch roles.
- If you have more than 2 players, you can choose how many frozen players and how many guessers there are.
- Make sure any changes to a frozen player's pose or appearance can be seen within the camera frame.

Game Variation!

- Instead of using frozen players, you can play what's changed in your home. *Make sure to ask your parents first and find a room that is appropriate to play within.*



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Charades

Before You Start

- Have each player create a list of words they want to act out.

Set Up

- Identify a space that would allow for wide or tall movements.

How to Play

- Have players use Rock, Paper, Scissors to decide who will go first.
- Set a timer and have the player begin acting out their item with the other player(s) guessing. Once the timer is done, count how many words were guessed correctly. That's the actor's score!
- Have another player begin to act out their list.
- See which actor can get the highest score (words guessed) in a round!

Game Variations

- If an "actor" skips over a word or phrase their entire team has to do 5 jumping jacks (or any safe exercise) before the next team's/player's turn.



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Seven

Before You Start

- Choose one player to start the game (or choose your order if you are playing with more than 2 players!)

How to Play

- The goal of the game is to work together as a group and count up to 7.
- Starting with the number 1 go around the group and count up to 7 by having each person say one number.
- When you get to 7 stop counting. The next person in the circle will come up with a sound or action to replace one of the numbers between 1 and 7.
 - For example instead of saying the number 3 make the sound of a cow, or instead of the number 5 do a jumping jack.
- When the group knows the new rule, start counting again starting at 1.
- When it comes to the number a rule was created for, make the sound or do the action instead of saying that number.
- If someone forgets the sound or action for a number “good job, nice try” and the group starts over from 1.
- Each time you get to 7 without making a mistake add another rule (each new rule is added to your current rules it doesn't replace the one you already had).

Challenge ideas

- Can your group make a rule for every number?
- Try playing with more numbers than seven (10, 15, or 20). How many rules can your group remember?

Game Variations

- For a silly twist, if someone giggles laughs or makes a mistake, have them do a lap around the group before continuing.



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This is My Nose

Set Up

- Identify who the leader of the first round will be

How to Play

- The leader calls the name of another player and points to his or her elbow and says, "This is my nose."
- The player must point to his or her nose and say, " This is my elbow."
- The leader calls the name of another player, points to another body part and misnames it.
- In order to move out of the middle, the center person must make a player in the circle mess up and say or point to the wrong body part.
- When this happens, they trade places.
- If playing with only two players, see how many times in a row a player can go without making a mistake. Then switch places!

Challenge ideas

- Play the game while standing on one leg!
- Do a consequence (5 jumping jacks) when you make a mistake.



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Did Ya Ever?

Set Up

- Did j'ever is a word game that can be played anywhere - even virtually!
- Decide who will go first!

How to Play

- The goal of the game is to create silly and ridiculous stories - one word at a time.
- One person starts the game by saying "Did Ya Ever?"
- The next person says one word to continue the sentence.
- The next person says the next word and so on...
- Keep adding words to the story and see where it goes! Anyone can start a new story by saying "Did Ya Ever?"

Game Variations

- Allow anyone to add to the story instead of going in order