



Stockport's Relational Round Up

Welcome to July 1 of our Relational Round Up for Stockport's children, families and schools. These newsletters are here to offer a regular well-being top tip for families and share good stories from across Stockport during our current new ways of living.

Our experiences of lockdown have illustrated just how important being in contact with our friends and family is to our emotional well-being. With the easing in lockdown restrictions allowing us to explore some reconnecting, this week's edition spends time explicitly thinking about what makes a good relationship and what helps us to keep our relationships healthy.

As human beings we are hard wired to connect.

Good relationships are enjoyable for their own sake. They help us to feel secure and loved. They help us to feel good.

However, whether with our family, friends or work colleagues, it is important to recognise that we need to invest quality time to considering how we keep our relationships healthy.



How lovely is this image? Hope you are all well. X

YOU CAN'T STOP YOUR CHILDREN FROM GROWING UP, BUT YOU CAN BE PRESENT SO YOU DON'T MISS YOUR CHILDREN GROWING UP.

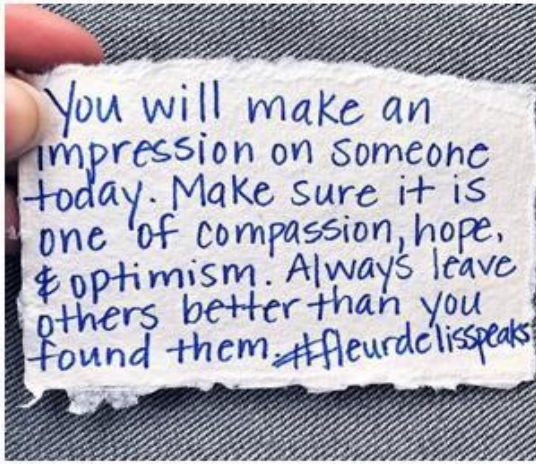


Be There.

Relationships flourish when you show up and are present. Though we are spending more time alongside each other than we would normally, we can easily become disconnected from each other, lost within the daily juggling of life.

It can help to create key routines within your day where you are consciously seeking to be 'present' with your family. This could be at a meal time, or when everyone is home from their work or school, or a weekly family walk or a planned weekly phone call to a friend. These times are kept free and are the moments when we drop everything else and dedicate that time purely to that person, or those people.





Be kind

Being kind means accepting that people can't always be their best and we need to allow for their mistakes just as we wish for them to forgive us. It means looking after another person's heart, even when you're disappointed.

Be willing to listen

We need to feel heard to flourish. It is as much our responsibility to listen as it is to talk. Love in our relationships is a conversation not a monologue.

Be willing to understand

Being willing to listen is only half the job. The other half is understanding what you hear. This means being open to different perspectives, even opposite opinions. Remember that there can be alternative views, different sides of the beach ball, that you haven't seen.

Be willing to forgive

Whenever there are two people involved, there are going to be mistakes and misunderstandings. That's a given. But the truth is, they are simply opportunities for love in disguise.

Be willing to accept

Accepting the other person for who they are, along with accepting yourself for who you are, is key to a relationship thriving. You need to embrace your humanness, your less polished edges and all your quirks, and theirs, in equal measure.

Be honest.

Share mistakes. None of us are perfect and doing our best is plenty. It is important to step back and see that no matter how large the mess or miscommunication, people have often gone into the situation with good intentions and love.



Finding time to value each other is at the heart of healthy relationships, whether it is with family, friends or colleagues.

Taking an interest in each other's lives, sharing experiences-whether they are good or bad, acknowledging differences in talents and strengths, all help to boost our sense of self-worth, our connectedness and sense of belonging and esteem.

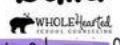
Investing in our relationships is often a win-win situation, boosting our own well-being as much as our loved ones.





POSITIVE CONNECTIONS

10 Ways to Build Self-Esteem



1. Identify your **needs, wants & hopes**. And make **CHOICES** that move you closer to them...not farther away.
2. Stand up **TALL**. Literally. Good posture improves **confidence**.
3. Focus on your **EFFORT** and view challenges & mistakes as opportunities to learn and grow.
4. Talk to yourself like you would to a good friend, with kindness, compassion & a good sense of humor.
5. **CREATE. BUILD. Make art.** Follow your curiosities...Do more of what helps you to feel more like amazing, lovable, grounded **YOU**.
6. **Unplug**. Go outside. **Breathe**. And **listen** to the birds, breeze & your wise voice within.
7. Decide what is okay and not okay with you. Then hold your **BOUNDARIES** and stay true to your values.
8. **Connect** with others. And spend time with people who treat you the way you want to be treated.
9. Exercise daily, eat healthy food, drink plenty of water & get at least 9 hours of sleep each night.
10. Laugh. **PLAY**. Have fun. **Dance**. **Get silly**.

CONNECTION TALK

- Who do you like to hang out with?
- Who do you trust most in this world?
- What does your family do that helps you?
- What does your teacher do that supports you?
- Who is a person you would like to be friends with?
- What do you look for in a friend?
- What does family mean to you?
- What does friendship mean to you?
- Who is someone in your life that brings a smile to your face?
- Who do you admire?
- How do you make friends?
- With whom do you feel known, really known by them?
- Who sees and accepts you for you?
- How do you know when you can trust someone?
- What is one of the nicest, most meaningful things someone has said to you?
- Who in your life reminds you that you matter and that you are important?
- What are your favourite things to do with your family?
- What are your favourite things to do with your friends?
- How do you know when you belong?



Adapted from SCHOOL COUNSELLING

Spend some time enriching those relationships through some **'Connection talk'** or using the **'10 ways to build self-esteem'** as a family to explore boosting your relationships with yourself and others. Playing this week's Wild Well-Being Experience 'The Bean Game' is a great way to have some fun and connect with each other. For more inspiring wild activities take a look at our **Forest School Resources**.

Games: The Bean Game



What you need:

- 2 or more players

How to play:

- 1 person calls out different types of Beans & everyone joins in with the actions:
- Jumping Beans - jump up and down
- Jelly Beans - wibbly wobbly bodies
- Chilli Beans - shiver and shake
- French Beans - Say 'Ooh La La'
- Microwave Beans - turn in a circle humming and then 'ping'
- Beans on toast - Lie face down on the floor

Extension ideas:

- This is a great way to warm everyone up on a cold day, a way to get your steps in and a way to tire people out.
- Think about different kinds of beans and invent your own calls!



