



# Stockport's Relational Round Up

Welcome to June 2 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.

This week we explore the benefits of remaining open minded and curious in helping to keep our relationship with ourselves and others healthy.



2020 continues to offer us all a rich range of experiences to absorb and grow through, with events on a national and global scale offering us new ways to understand our world and what it means to be human.

Conversations with others around these shared experiences can be difficult, especially when people see things differently.

We all make our own sense of our experiences in different ways. This is what makes our relationships and connections with each other endlessly fascinating and potentially tricky.

However, if we accept that there is no 'true' version of events when more than one person is involved in a situation, we can find some reassurance in the fact that we all see things differently.



When discussing issues such as the easing of Lockdown, whether to return to school, to open up restaurants or keep the 2-metre social distance rule it can be useful to remember that ...

**"I HEARD THAT WE ARE ALL IN THE SAME BOAT, BUT IT'S NOT LIKE THAT. WE ARE IN THE SAME STORM, BUT NOT IN THE SAME BOAT..."**





**Your view**

'This ball is light blue, white & red.'



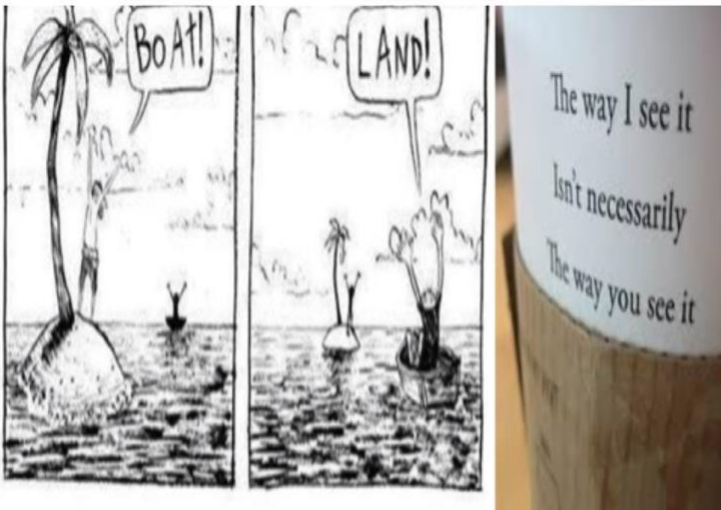
**My view**

'No, it's not!  
It's yellow, white & dark blue!'



**Our view**

'Oh! It's a mixture of them all.  
We were both right.'



Whilst we often have similar needs (to feel safe, respected, for others to be kind), remembering that not everyone sees things as we do and will have their own version of the truth, can help us manage the discomfort and struggle that comes with disagreement and misunderstandings.

Taking time to explore and be curious about the perspective of another is key to helping us develop a fuller understanding of what has happened and what has led people to behave and make decisions that are different to yours. This is also key in helping to keep our relationships healthy.

**Keep being curious.** By taking a step back and considering if an event has a different perspective can sometimes change our feelings and thus our behaviours. Stay open minded and seek to understand another person's view before judging their actions.

Seek first to understand, then to be understood.  
- Stephen R. Covey

**STAY CURIOUS**



- 'I wonder what has happened?'
- 'What might be going on for them?'
- 'What might they be telling themselves about this situation?'
- 'What feelings might they be experiencing?'





# Practice Being Curious

## Curious about Character Strengths

<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> When I notice beauty around me, it makes me happy.	<b>BRAVERY</b> I stand up for what I believe is right.	<b>CREATIVITY</b> I like to use my imagination.	<b>CURIOSITY</b> I like to ask questions.	<b>FAIRNESS</b> I treat people the way I like to be treated.	<b>FORGIVENESS</b> I can let it go when a friend makes mistakes or hurts my feelings.
<b>GRATITUDE</b> I am thankful for good things in my life.	<b>HONESTY</b> I tell the truth.	<b>HOPE</b> I believe good things will happen, I feel lots of good.	<b>HUMILITY</b> I quietly show people what I can do instead of bragging.	<b>HUMOR</b> I like to make others smile and laugh.	<b>JUDGMENT</b> I listen to both sides before making a decision.
<b>KINDNESS</b> I like to do nice things for others.	<b>LEADERSHIP</b> I like to tell others how they can get things done.	<b>LOVE</b> I tell people I love them, I miss them when they are not around.	<b>LOVE OF LEARNING</b> I like learning new things wherever I go.	<b>PERSEVERANCE</b> I don't give up easily, I try and try and try.	<b>PERSPECTIVE</b> I give good advice to the people in my life.
<b>PRUDENCE</b> I am careful to not take too many risks.	<b>SELF-CONTROL</b> I watch what I do and say.	<b>WISDOM OF AGES</b> I think about life and how everything is connected.	<b>TRANSFORMING SELF</b> I know when my friends are happy or sad and I help them.	<b>TEAMWORK</b> I like to work with my friends.	<b>ZEST</b> I have lots of energy.

Be curious and investigate character strengths in your family.

My top 5-character strengths are...

Which strength is shared the most in your family?

Which character strength are you going to practice more?

## IF FEELINGS COULD TALK

**SADNESS** might be telling me I need **TO CRY**

**LONELINESS** might be telling me I need **CONNECTION**

**SHAME** might be telling me I need **SELF-COMPASSION**

**RESENTMENT** might be telling me I need **TO FORGIVE**

**EMPTINESS** might be telling me I need **TO DO SOMETHING CREATIVE**

**ANGER** might be telling me I need **TO CHECK-IN WITH MY BOUNDARIES**

**ANXIETY** might be telling me I need **TO BREATHE**

**STRESS** might be telling me I need **TO TAKE IT ONE STEP AT A TIME**



Be curious about your feelings.

What are you feeling?

If your feeling could talk what would it say?

Download copies of these [posters here](#).

For more ideas to help strengthen your curiosity skills have a go at this week's Wild Well-Being Experience. For more inspiring wild activities take a look at our [Forest School Resources](#).

## Experience: Tracking



### What do we do?

- The aim of this activity is to create a trail for someone to follow.
- Collect a range sticks, leaves & any other natural objects you find.
- Using the objects, create different symbols & shapes e.g. arrows, squares, crosses & circles etc.
- Decide what each of your shapes & symbols mean and make a key e.g. a square could mean stop etc.
- Use your shapes & key to create a trail for someone to follow.

### Risk / benefit analysis:

**Benefits:** Develops fine motor skills, creativity and problem solving.

**Risks:** Someone may be injured by a stick or whilst navigating uneven terrain.

**Controls:** Discuss safe use of sticks & how to move around an outdoor space safely.

### Extension ideas:

This activity can be developed in a myriad of ways e.g. creating clues, finding words, math's puzzles etc.

### Resources:

A variety of natural objects such as sticks, leaves, stones, seeds etc.

You may want to use pen and paper to create the key.



