

# EQ @ Home or School—for Families

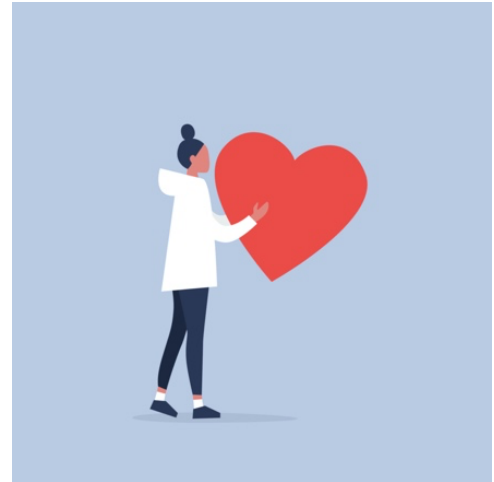
## NAVIGATING RELATIONSHIPS IN TIGHT QUARTERS

## DS7.2: Making Relationship Deposits

\* Discussion questions are for everyone to answer including parents. [Student-teach] what you remember from class.

**Lesson Overview:** This lesson is about a simple but effective approach to understanding and supporting positive, healthy relationships. This concept applies to families as well as all other relationships with friends, classmates, coworkers, etc.

In our interactions with others, positive comments and actions are like a **deposit** in that relationship. Like a bank account, with each deposit, our balance goes up. Opposite of that are **withdrawals**, negative comments or interactions that make our relationship balance go down. Being aware of this dynamic reminds us to make far more deposits rather than withdrawals in our relationships with others.



### Family Discussion Questions\* (review norms → then discuss):

[All family discussion questions start with this same question from DS1.2 that everyone answers:]

- **On a scale of 1–10, how are you feeling and why?** (1 = awful! 10 = awesome!) Please give a "feeling word" and then say more about why you are feeling that way today.
- **[Student-teach]** In the video and handout, what does Coach Rudy mean by the concept of "relationship deposits and withdrawals"?
- **[Each person answer]** What would be a relationship deposit for you? What is something other people can do or have done that makes you feel good?
- **[Each person answer]** What do you consider a relationship withdrawal? What is something that drains you and/or your relationship with others? (Try to be thoughtful and not hurtful in your response to this question. Review Family Discussion Norms above.)
- Think of a time when somebody did something nice for you (a friend or family member). How did it feel? Was it a surprise to you? How did it affect your relationship?
- If someone has made a relationship withdrawal, what helps you feel better? What can the other person say or do to make amends?

### Family Discussion Norms

- Speaker has full attention and support.
- Choose listening over lecturing.
- Be open-minded to the opinion of others.
- Look for the good in each other and your time together.

### Family Activity:

Check the "Bank of Ideas" from the student handout. Talk about the "deposits" that would be most meaningful to you and why. Choose from the bank and/or make up your own ideas.

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## Investing in Your Relationships

In video 2, Coach Rudy talked about making more “deposits” than “withdrawals” in your relationships. Explain what he meant by this metaphor.



What can you do to add “relationship deposits”?

List at least five ways you can be kind and thoughtful.

With your family members:

With friends:

Within your community:



What can you do to limit “relationship withdrawals”?

List at least five ways to avoid conflicts or hurt feelings.

With your family members:

With friends:

Within your community:



### DEPOSITS:

- Back/foot rubs
- Really listening
- Playing games
- Ask, “How can I help?”
- Doing dishes
- Taking the trash out
- Sharing \_\_\_\_\_
- Exercising together
- Making him/her laugh
- Making a meal
- Making cookies

### WITHDRAWALS:

- Not sharing
- Not listening
- Yelling
- Unkind words
- Not helping with household chores
- Being grumpy
- Too much screen time
- Sarcasm
- Gossip
- Untruths
- Manipulating
- Excluding