

**Primary and  
Secondary  
National Strategies**

Family SEAL: Relationships



# Key ideas



- Children learn valuable skills through learning how to play with each other;
- We can help children to develop friendship skills by spending time playing with them;
- Peaceful Problem Solving.



What skills do children need to be friendly?



How can you help your child to learn these skills?





## PEACEFUL PROBLEM SOLVING

How do we feel when you don't want to play with me?

### READY

Are you ready to think together?

We know how we feel

We feel calm enough to think together

### STEADY

Take it in turns to talk about what went wrong

Don't butt in when it's not your turn

Think of ideas together

Choose one idea

We could try...  
or...  
or...  
Let's try...

### GO

Try out your idea!

### REPLAY

Think about how you did it  
Check if things are OK

It worked well because...  
It would be better if...  
Next time let's...











# Recap key ideas



- Children learn valuable skills through learning how to play with each other;
- We can help children to develop friendship skills by spending time playing with them;
- Peaceful Problem Solving.

# Ideas to try out



- Invite one of your child's friends round to play
- Play two types of games with your child
- Keep on trying with consequences

# Team games

