



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.'



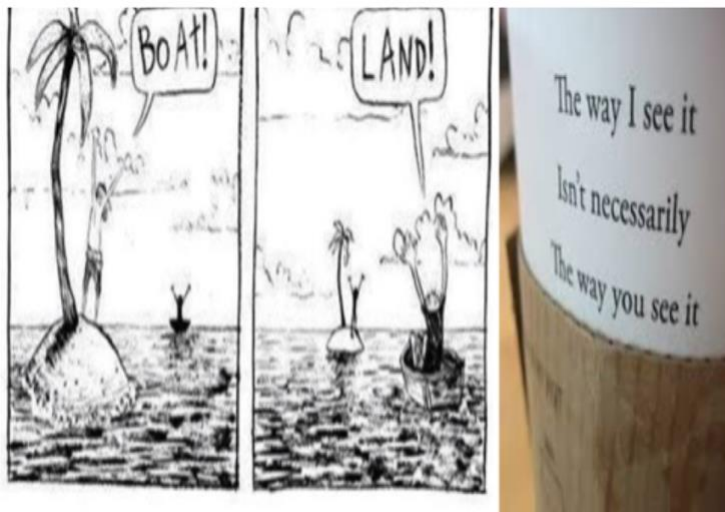
My view

'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



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



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.





Let's share some good stories from our children and families in Stockport.



[Take a listen](#) to **Bramhall High School's** Virtual Orchestra, who have recently appeared on ITVs Granada reports.

Some beautiful land art by pupils at **Romiley Primary School.**



A beautiful rainbow of hope outside **Didsbury Road Primary school.**

Watch the fantastic lip-sync and signing films on [YouTube](#) created by the talented **Heaton's School** team.



We will be sending out the next Relational Round Up letter in the week beginning June 22nd. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to [@stockportRA](#)

