


Realistic Expectations

Realistic Expectations is one component of a successful relationship. No one's life is perfectly happy all the time. You will naturally hope for a full and satisfying life with your partner. However, problems will arise, and what is important is how well you and your partner handle them together.

Realistic Expectations Instructions

“Fairy Tale Remake”

Knowing that a relationship needs realistic expectations, rewrite a fairy tale. Think of a fairy tale that you are familiar with, and rewrite the ending to be more realistic than it is. Use the prepared writing page to rewrite your fairy tale. Your fairy tale should be one page long, neatly written and have proper grammar and punctuation.



Place your fairy tale title here.

Good Communication

Four Ingredients of Communication

- 1- Empathy: allows you to understand how your significant other feels without sharing the same feelings at the moment
- 2 – Keeping in Touch: talking about thoughts or feelings to keep up to date if your partner’s view has changed; recounting your day with each other
- 3 – Sharing Ups and Downs: sharing support and guidance
- 4 – Listening: talking honestly and listening carefully to aid effective communication

Good Communication Station Instructions

“Sandwich Making”

This station is a group activity. You will need at least three members in your group to be able to complete this activity.

Instructions: Assign group members to the following roles: Listener, Communicator #1 and Communicator #2

-Listener role: You will be blindfolded so that you cannot see what you are doing. You will be doing exactly what Communicators #1 and #2 tell you to do.

-Communicator #1 and #2 roles: You will be working with each other giving the listener instructions on how to make a peanut butter and jelly sandwich. The listener will not be able to see, so you will have to make sure that you communicate clearly. Be sure that you and Communicator #2 take turns giving instructions. Do not talk over each other or argue with each other. Keep the Ingredients of Communication in mind as you complete this task. Your goal is to get a peanut butter and jelly sandwich neatly made and placed on the paper plate. Be sure to show the teacher when you have finished this activity.

Supplies needed:

-2 slices of bread

-1 jar of jelly (closed)

-1 jar of peanut butter (closed)

-1 butter knife

-1 paper plate

-When you have finished you should write a reflection about the activity. Use the following questions to help you. What was the purpose of this activity? Was it successful for your group? How did it show the importance of good communication? How could you or the other members of your group improve to make this activity more successful? How does this relate to successful communication in marriage?

Sense of Humor

A sense of humor is another component to a successful relationship. Laughing with—but not at—your partner is a healthy component to a relationship.

“Humans are the only animals that laugh or need to.” –Mark Twain

Sense of Humor Station Instructions

“Have a Laugh”

You will be making a comic strip that demonstrates how a couple creates a healthy relationship by laughing with each other. You will be creating this comic strip on the computer. Follow the directions below.

- Go to the website www.makebeliefscomix.com.
- Follow the prompts to create the characters for your comic and the scene you would like to use.
- You will need to create a minimum of three blocks for your comic. If you need to create more blocks, print out the first three before making more. This program does not save the comic blocks.
- When you have finished, print your comic out so you may turn it in to your teacher with the rest of you station activities.
- Things to keep in mind when creating your comic:
 - It must deal with a healthy relationship.
 - It must be school appropriate.

Trust

Trust is an additional component to a successful relationship. Trust makes for a secure foundation. To establish trust, one does not use or need power or force to hold the relationship together. Trust grows with your relationship.

Trust Station Instructions

“Put Your Trust in Me”

You will be working with a partner in this station.

One person will be the leader, and the other will be the follower.

Follower instructions: Put the blindfold on and follow all instructions given to you by the leader.

Leader instructions: You will lead the follower around the school (your teacher will let you know where you are allowed to go). Your mission is to lead the follower around by instructing him or her when to turn, which direction to turn or how many steps to take. Be sure to keep your partner's safety in mind. Your partner will not be able to see, it is up to you to help him or her maneuver through the school safely. After about 15 minutes, switch roles and head back to the classroom.

When you have finished, write a reflection of your experience. Use the following questions to help you write your reflection. What did you experience when you were the leader and then the follower? How was the experience different for each role? Did you think it would be as hard as it actually was? How did this activity relate to the component of TRUST in a relationship?

Appreciation

Appreciation is shown through compliments, praise and thoughtfulness. A simple “thank you” or hug are ways to show appreciation. Presents are not necessary to show your partner that you appreciate him or her.

Appreciation Station Instructions

“Ways to Show You Care”

In this station, you will be creating a flyer to be read by couples in relationships. This flyer should give them ideas of ways to show their appreciation to their significant others.

- Your flyer should have a minimum of five examples of how people can show their partners they care about them.
- Be creative!
- Include three pictures (from magazines or sketched by hand).
- Examples must be school appropriate.
- Neatness counts!