

# EQ in your PJs

Social Emotional Learning (SEL) Online with R. Keeth Matheny

## NAVIGATING RELATIONSHIPS IN TIGHT QUARTERS **Part 2: Making Relationship Deposits**

### Investing in Your Relationships

In Video 2, Mr. Matheny 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

**NO PASSWORD** to Video 3 but it requires family involvement. Schedule a time you can watch it together.