

# February: WEEK TWO



## HEALTHY RELATIONSHIPS

### THE AGENDA:

*Discussion: What is the difference between a healthy and unhealthy relationship? How do you know if you are in a healthy relationship? How do you know if you are in an unhealthy relationship? How do we either improve these relationships or remove ourselves from them? Why do you think some people stay in unhealthy relationships?*

- ◇ 'My Hopes and Dreams' Worksheet
- ◇ Create valentine cards for friends and family, or research the history of Valentine's Day to learn how it became associated with relationships!



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- ◇ Learn how to juggle.
  - ◇ Play Hang-man or word games.
  - ◇ Play Numbers Bingo

**MY HOPES AND DREAMS FOR THE FUTURE ARE:**

**I want to live in:**

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**I want to be with:**

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**I want to be a:**

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**I hope:**

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**I wish:**

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**I dream:**

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**The strengths and skills I have now that will help me achieve my goals are:**

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**Some challenges might be:**

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**Ways I might overcome these challenges:**

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**I know I will be happy as long as:**

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# NUMBERS BINGO!




Each buddy fills in their Bingo sheet, entering a different number in each space. The Buddies work side by side and take turns playing Announcer. When you are Announcer, look at your Buddy's sheet, and announce a math equation that equals one of their numbers. (Eg. If your Buddy filled in the number '6', an example of an equation to equal six might be "Two times three!") Your Buddy will cross off the answer, and try to get a complete line, either vertically or horizontally, to win. Depending on your skill level, you might decide to play Addition/Subtraction Bingo, Multiplication Bingo, Division Bingo, etc.!