

RECIPE FOR A

*Healthy
Relationship*



Lessons in Mental Health





Lessons in Mental Health

- Use this presentation as is, or view the Canva link for a fully modifiable template.
- Link: [Healthy Relationships Presentation](#)
- Link: [Student Reference Guide for Activity](#)
- PDF: [Student Reference Guide for Activity](#)
- PDF: [Healthy VS Unhealthy Characteristics Reference](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.

TODAY WE WILL....

- Highlight what makes a relationship healthy
- Explore the key ingredients that support connection and trust
- Create a relationship recipe using what we have learned

A background image showing two wooden rolling pins resting on a white marble surface. The rolling pins are made of light-colored wood with visible grain. One pin is positioned vertically on the left, and the other is positioned horizontally on the right. The marble surface has subtle veining and some light-colored dust or flour scattered on it.

EVERYONE DESERVES TO BE IN HEALTHY RELATIONSHIPS

Healthy Relationships

Healthy relationships are essential for our physical and mental health.

They provide us with love, support, and a sense of belonging.

They can also help us to cope with stress, improve our self-esteem, and make us happier.




INGREDIENTS FOR A HEALTHY RELATIONSHIP

Healthy Relationship *Ingredients*

Understanding what makes a relationship healthy is essential for our well-being.

While relationships come in all shapes and sizes, healthy relationships share the *same* core characteristics.



Healthy Relationship

Recipe

Create a recipe for a healthy relationship using Canva.

It can be any type of relationship, from intimate, platonic, friendship, or family.

Healthy relationships all have the same core characteristics.

A top-down view of a kitchen counter with a cracked egg, a whisk, and a bowl of flour. The background is a dark, textured surface. In the upper right, a whole brown egg and a cracked egg with yolk are visible next to a pink whisk. In the lower right, a metal bowl is filled with white flour, with a wooden rolling pin and a metal strainer nearby.

**HEALTHY
RELATIONSHIP RECIPE
WITH CANVA**

A collage of kitchen ingredients including eggs, flour, and a rolling pin.

HEALTHY RELATIONSHIP INGREDIANTS

Step One

Create a recipe with 10 ingredients for a healthy relationship. Include at least one from each category:

Intrapersonal Relationships: Self-awareness, values, personality, emotions, self-esteem, goals, socially aware.

Interpersonal Relationships: Healthy characteristics, communication, boundaries, empathy conflict resolution.

Managing Relationships: Friendships, dating, adult responsibilities, and long-term relationships.

Family and Community Influence: Family roles, support systems, and how the parts of your life connect.



HEALTHY RELATIONSHIP DIRECTIONS

Step Two

In the "Directions" section of the template, explain step by step how to combine your ingredients

1. Start with yourself (self-awareness): Highlight how self-awareness is the foundation of all relationships.
2. Add healthy characteristics: Describe how to incorporate the healthy relationship qualities you listed.
3. Mix in communication skills: Explain how communication skills tie everything together and build strong connections.
4. Finish with outside support: Blend in supportive family roles, strong friendships, and the connections in your life.

Template (Optional)

Click on the icon link below


Scroll down to access and edit the template



Template
Click Here



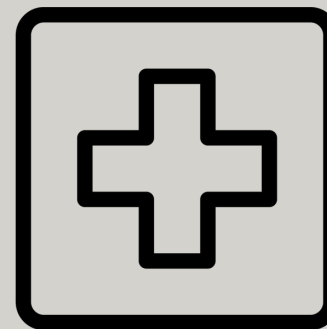
TURNING IN YOUR RECIPE

- Make your recipe using Canva. Download your file as a JPEG or PNG.
 - Keep your recipe to one page. Upload your JPEG or PNG online to: “Healthy Relationship Recipe”
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LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

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