

## Healthy Relationships



**Say to Child:** Healthy relationships arise out of mutual trust. No trust, No us! In this activity, you will be working together with your family and/or friends to make it through your very own spider web. Can you cross through?

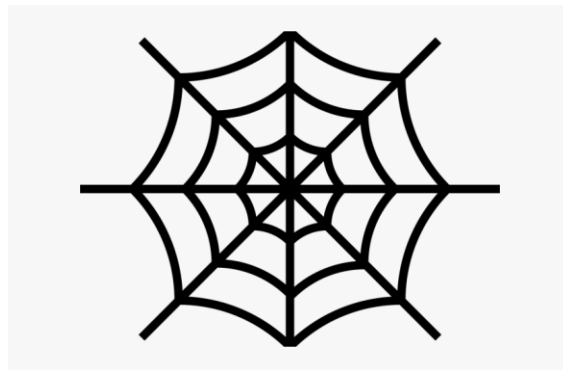
## Spider Web

### **Materials:**

- Yarn
- Tape
- Timer

### **Instructions:**

- Within a hallway of your house, make a spiderweb by taping up many strings of yarn
- Have family members and/or friends then take turns getting through the spiderweb without touching the yarn
- Have competitions by seeing who can get through the fastest even
  - If there is enough people, then separate into teams of two and/or more
- Ones who are not going through the spiderweb and/or already have done so can cheer for person who is trying to cross through the spiderweb



**Reflection:** Explain to child(ren) that this activity is to encourage bonding and teamwork. Depending on how challenging family and/or friends create their spiderweb, it is important for others to support the person who is trying to go though the spiderweb. Giving encouragement will build the person's trust with their family and/or friends and motivation not to give up in the heat of the moment.