



*innovative solutions for education,
health, care and prison services*

Relationship Styles Activity

Scenario 1 - Being Dismissive: Mum and Max

Mum: Max, it's time to go.

Max: I don't want to. I hate school.

Mum: Come on Max, you know you enjoy school. Of course you're going.

Max: No, I hate it. Why do you always tell me what I like? You never listen.

Mum: What do you mean I never listen? Now come on we need to go- I've got a meeting I need to get to this morning.

Max: (comes out of the kitchen banging his bag on the door and kicking the chair shouting) OK I suppose I have to.

They drive to school in silence.

Scenario 2 - Being Disapproving: Mum and Max

Mum: Max, it's time to go.

Max: I'm not going.

Mum: What do you mean, I'm not going?

Max: I hate school.

Mum: That's ridiculous, you love school.

Max: Jake's being mean.

Mum: That's quite enough now get into the car. You need to calm down and get your things together. Stop making such a fuss.

Scenario 3 - Being Laissez-Faire: Mum and Max

Mum: Max, it's time to go.

Max: I'm not going.

Mum: What do you mean you're not going?

Max: I hate school.

Mum: Oh dear, what's happened?

Max: Jake, he doesn't choose me for five aside now and I'm on my own at breaktime.

Mum: Oh dear Max, that's not very nice, poor you. Jake sounds like he's being really mean.

Max: I know, that's why I can't go.

Mum: I'll tell you what, I'll take a half day from work and we can watch a film until you feel better, poor Max



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Scenario 4 - Emotion Coaching: Mum and Max

Mum: Max, it's time to go.

Max: I'm not going.

Mum: What do you mean, you're not going?

Max: I hate school.

Mum: Oh dear, what's happened?

Max: It's Jake, he doesn't choose me for five aside now and I'm on my own at breaktime.

Mum: Oh dear Max, that's not very nice, poor you. It's not nice being left out. I wonder what's happening for Jake, you have been such good friends and it doesn't sound like him.

Max: I don't know why he's doing it because he used to be my friend.

Mum: Well Max, we do have to go to school, but what do you think we can do about this?

Max: Umm, I could try to ask him what's wrong, but it's difficult to speak to him at school.

Mum: Could we invite him and a couple of other friends for a sleepover at the weekend, or a swimming outing?

Max: A sleepover with a film, that would be good.

Mum: OK Max, you invite your friends and I'll ring the parents tonight.

Shall we get off to school?