

Title: FEAST OF GREAT RELATIONSHIPS

Goal:

Using metaphor of a great meal, what are the ingredients for a great relationship?



Intro:

Think of your favorite meal. To make this meal, we might follow a recipe. What are some of the ingredients we need? Today, using relationship ingredients, we're going to create a Recipe for Great Relationships.

Resources:

Markers
Bowl
Sticky Notes
Feast of Great Relationships
Handout

Instructions:

Think about one of your favorite meals. What makes it taste great? What are the ingredients? What would be a recipe for your favorite meal? Share with a partner.

Now let's think about relationships. We're going to think about relationships like we thought about food.

What are some ingredients that go into making a great relationship?

Write at least 3 ingredients on sticky notes and place them into one of the small bowls on the table.

What are some of the ingredients needed for a great relationship? Look in the small bowls on the table and take out a few "ingredients." They could be the ones you added or some others.

Discussion:

Some dishes are easier to cook, some are quite challenging. What parts of your "feast of great relationships" are easy for you, and which are harder?

What's one "dish" at which you're committed to working harder?



POP-UP FESTIVAL

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Combining these ingredients, write your own “recipe for great relationship.” How can your meal be a metaphor of great relationships? (leave your ingredients in the small bowls for others to use). For example,

Maybe your feast has a basket of bread, and that represents that in great relationships, there are some things we share.

Maybe your feast has a menu, and that represents communication

Maybe at your feast, there are many different places to sit, and that is a metaphor of different kinds of relationships we have with people.

By yourself or with a partner, draw a picture or make a map of your feast, showing some of the key ideas for how to build a Recipe for Great Relationships.

Discussion:



**POP-UP
FESTIVAL**