

Unit title: My family and me

Lesson title: My family

Learning Objectives

- To identify different ways that families and individual members care for each other.
- To be able to describe their family.
- To understand that families are special.

Learning Outcomes

Families and people who care for me

- that families are important for children growing up because they can give love security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.

Mental wellbeing

- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

Whole class discussion:

- What does family mean?
- Who is in your family?



We are going to listen to the story 'My Family, Your Family' by Lisa Bullard which shows how families support each other.



https://www.youtube.com/watch?v=dvlq_1wAWxg

- What do you think it means by 'the people we belong with'?
- What different things do the family members do for each other?
- What do they all share with one another?
- What makes a family special? What characteristics might be present?



Whole class: Think about your own family and your special people.

- What makes them special?



Activity:

In pairs, identify three things that you like about your family.

- What do you do together?

E.g. I play video games with my brother.



In families we might not always agree but we should support and love each other. We have to work at the relationships we have. We may have to compromise and share.

Activity: Draw yourself with one of the special people in your family doing something you enjoy doing together.



My family are special because...



All members of our families are important, regardless of age/gender.

Think about the story of Cinderella.

- Did her family treat her well?