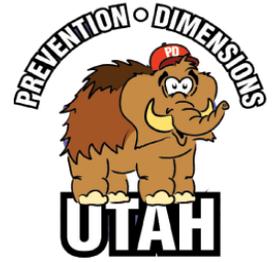


# What is a Family?

More Practice With Bugs and Helpful Heroes



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## 3 Cs

- I care about myself.
- I care about others.
-  I care about community.

**Help students to understand and invite them to state clearly:**

- I have a right to live in a healthy and peaceful place.
- I have a responsibility to contribute to the health and peace of the place I am in.

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## Preparation

### Materials

- Paper plates
- Crayons
- Cupcake liners
- Glue

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## Vocabulary

- |         |             |             |
|---------|-------------|-------------|
| love    | family      | member      |
| support | participate | basic needs |

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## Lesson at a Glance

### Introduction

1. Discuss families and ways they help us with our basic needs

### Strategies

2. Discuss activities that a family can do together.
3. Complete the paper plate activity art project.
4. Talk about roles of each family member.

### Conclusion

5. Emphasize the importance of families.

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## Core Curriculum Objectives and Standards

### Objectives

- Students will recognize the importance of being part of and contributing to a family or group.
- Students will identify activities in which families participate together and help each other.

### Standards

- 7000-0101 Demonstrate ways to cooperate and share with others.
- 7000-0201 Express feelings related to different situations.

Teacher Notes

## Introduction

### 1. Basic Needs

This information is cited by request of the author and is taken from:

Richard J. Bodine, Donna K. Crawford, Fred Schrupf, *Creating the Peaceable School: A Comprehensive Program for Teaching Conflict Resolution*, 2d ed. (Illinois: Research Press, 2002) pp. 89-91.

Ask

What is something you need for your body to be healthy?

(food, water, sleep, exercise)

Just like our bodies have needs, our hearts have needs too in order to be happy. These are called “basic needs”

Draw

Draw on the board a –

- heart (belonging)
- star (power)
- a butterfly (freedom)
- a smiley face (fun) on the board.

Discuss

Each of these pictures represent something important that we get from our family.

- belonging – met by being with others where we can love, share, and get along
- power – met by succeeding, accomplishing, and being recognized and respected
- freedom – met by making choices
- fun – met by laughing and playing

Ask

Why is this need important for our hearts and minds to feel good?

Families are the most important place we can help each other feel like we belong, have power, freedom and fun.

Describe a family unit. (Be sensitive to nontraditional families.)

## Strategies

### 2. Family Activities

Discuss

- What does your family do together to help you feel like you belong? (cheer on a family member at a sports game or event)
- How do you feel when your family cheers for you?
- What does your family do to help you feel powerful? (jobs, choose your own clothes in the morning)
- How would you feel (bug you) if you weren't allowed to make any decision over what you wear or helping out.
- What does your family do to help you feel freedom? (let you play with friends, participate in activities, choose which books to read at bedtime)

Family activities might include:

- |               |                       |
|---------------|-----------------------|
| • Picnics     | • Going to the movies |
| • Church      | • Visiting relatives  |
| • Eating      | • Playing with pets   |
| • Watching TV | • Reading             |
| • Shopping    |                       |



### 3. Paper Plate Activity

Draw

Let the students choose their favorite family activity and draw it in the center of a paper plate. Some children may need more than one paper plate because they live with more than one family.

### 4. Family Roles

Ask

How many people do you have in your family unit (which could include anyone they live with) including themselves?

- Give the students a paper cupcake liner to represent each member of their household. Have the students draw and color a family member's face on each cupcake liner.
- Attach the "family member" cupcake liners to the decorated paper plate(s) using glue.
- Display these family plates around the room.

### Conclusion

### 5. Emphasize the importance of families.

### Tie in the 3 Cs

I Care about myself.  
I Care about others.  
I Care about community.

I have a right to live in a healthy and peaceful place.

I have a responsibility to contribute to the health and peace of the place I am in.

Emphasize that everyone of us is an important and special part of our families, and that we can do many things to contribute to the well-being of the family or group.

### Optional Books

- Cooper, M., & Gottlieb, D. (1997). *I Got a Family*. New York: Henry Holt.
- Mayer, M. (1977). *Just Me and My Dad*. New York: Golden Press.
- Zolotow, C., & Stevenson, J. (1992). *I Know a Lady*. New York: Mulberry Books
- Brown, M. W., & Hurd, C. (2008). *The Runaway Bunny*. New York: HarperFestival.
- Locker, T. (1993). *Where the River Begins*. New York, N.Y., U.S.A.: Puffin Pied Piper Books.
- Mayer, M. (2003). *Just Grandpa and Me*. New York: Golden Book.
- Mayer, M. (2003). *Me Too!* New York: Golden Books.
- Zolotow, C., & Du, B. W. (1972). *William's Doll*. New York: Harper & Row.
- Eastman, P. D. (1998). *Are You My Mother?* New York: Random House.



