What is a Family?
More Practice With Bugs and Helpful Heroes

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.

Preparation
Materials
- Paper plates
- Crayons
- Cupcake liners
- Glue

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

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.

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.
Lesson 15: What is a Family?

Introduction

1. Basic Needs


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

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3. Paper Plate Activity

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

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.

5. Emphasize the importance of families.

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
