

Topic: Families & Friendships

What makes a family; features of family life

In this topic, we will learn:

- To recognise and respect that there are different types of families (including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents)
- That being part of a family provides support, stability and love
- About the positive aspects of being part of a family, such as spending time together and caring for each other
- About the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty
- To identify if/when something in a family might make someone upset or worried
- What to do and whom to tell if family relationships are making them feel unhappy or unsafe

Lesson 1 - Family Relationships

Learning objective(s):

- To learn about family relationships
- To learn that being part of a family provides support, stability and love
- To learn the positive aspects of being part of a family, such as spending time together and caring for each other

Starting point (baseline):

Family relationships



What family relationships are there?

"parents and their children"

"brothers and sisters"

"grandparents and grandchildren"

"aunties and uncles"

"cousins"

"step mum or dad"

"step brothers and sisters"

We discussed the family members that we know, have, do not have. It was interesting to see the differences in ideas and experiences!

We then played a game 'sometimes, always, never'

We thought about what families do sometimes, always and never - discussing our ideas with a partner:

Families:	Always	Sometimes	Never
eat together		✓	
live together		✓	
have parents who are married		✓	
enjoy the same things		✓	
get on well		✓	
are related to each other		✓	
listen to each other		✓	
have children		✓	

"Some families always sit at the dinner table to eat but others don't"

"Not all families have the same traditions and routines that they do every day"

"Most families are related but not always.. like adoptive parents"

"Sometimes families want to cuddle and hug but other times they don't, and that's okay"

"Families should never hurt each other but they do argue and that can sometimes hurt your feelings"

"Families listen to each other most of time but sometimes my mummy is busy"

We quickly realised that not all families do the same things so for each statement, we could only tick sometimes. Some do things always, some only sometimes. We also realised that most of our families listen to and love each other.

Discussion:

Nish's family

On Saturday mornings, Nish and his brother Anik get up early so they can watch TV together before going to see their local football team play, with their uncle. On the way, Uncle Parav listens to Nish and Anik talking about a tricky maths lesson at school. Uncle Parav tells them he will help them with their homework later.

At home, their stepdad makes lunch for the whole family. During the meal, Nish's sister Meera talks about Diwali; it is soon and she can't wait to put the decorations up! In the afternoon, the siblings play cards together and read Diwali stories with Mum.

Nish and Mum visit Grandpa in the evening, and take him some fruit. They give Grandpa a big hug when they see him. Nish listens to Grandpa's stories from when he was young - there were so many adventures!

What do Nish's family do together? What do they do for each other?

"They make time for each other"

"They help each other when another is stuck"

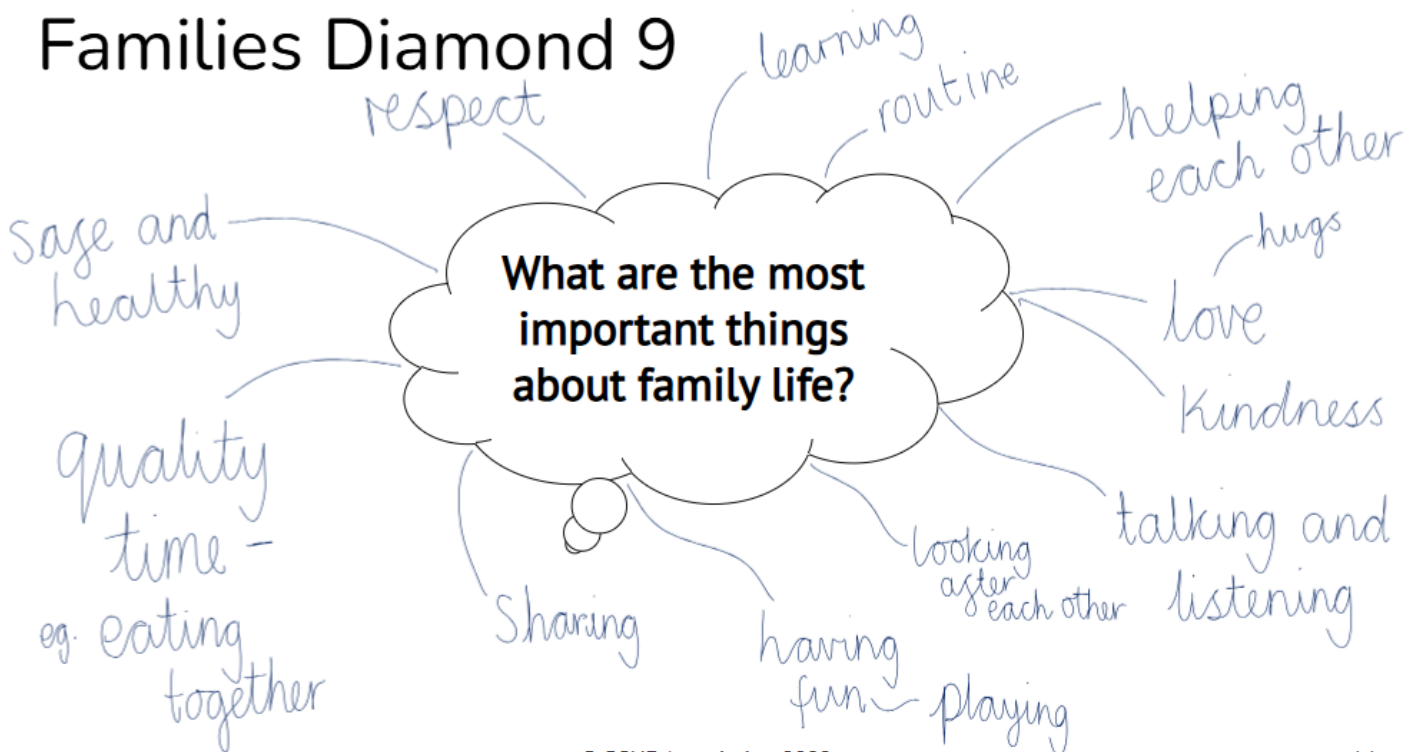
"They celebrate together - eating together as a family"

"They share stories together"

"They listen to each other"

We then considered what is important about family life:

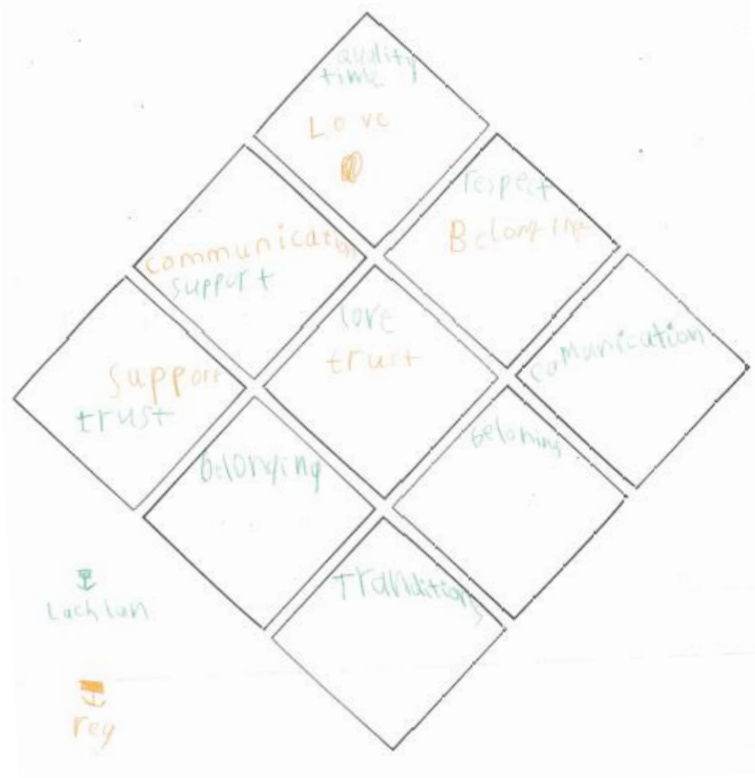
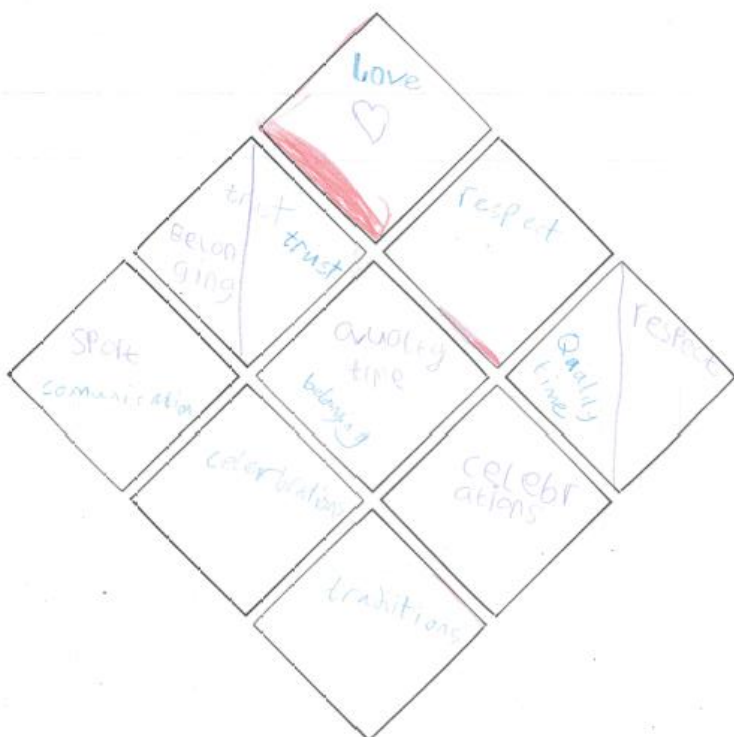
Families Diamond 9



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Once we had discussed what was important to use all, we individually put the ideas into a diamond 9. It was interesting to see what was important to each of us and our families. Lots of us said that love and quality time was very important.



Finally, we considered what to do if we face a challenge in our family. We considered ways to talk, ask for help and make things right.

Facing a challenge

I'm playing for the local junior team, and I liked it at first, but now I'm not enjoying it, as it feels like there is a lot of pressure to be a good player. I want to tell Uncle Parav, but I don't want to disappoint him, I know how much he loves the football team.

What could help Meera?

Think about:

- What could Meera do to feel better?
- How could other family members help?



"It's always best to talk about how you feel"

"Your family should accept your feelings"

"Talking to a different member of the family might make you feel better"

"They could come up with a solution together"

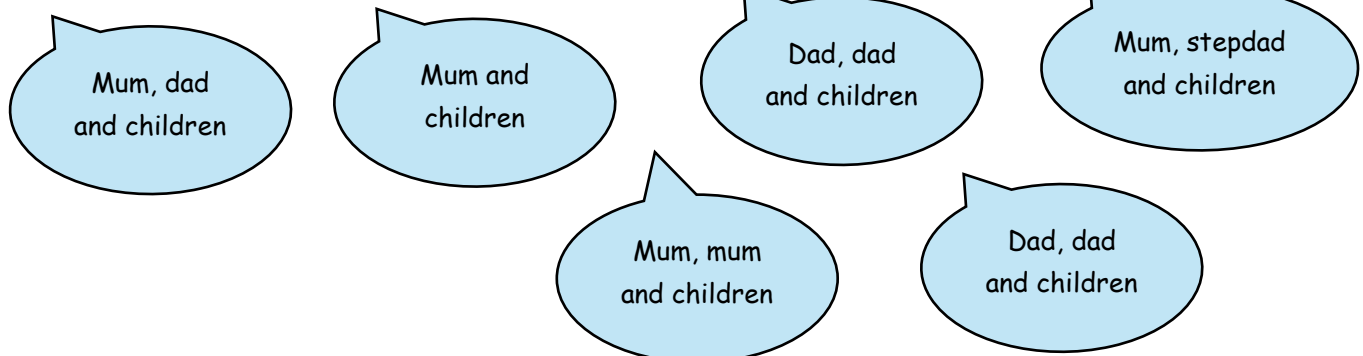
Lesson 2 - Diverse Families

Learning objective(s):

- To learn about family structures (and respect them)
- To learn about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty

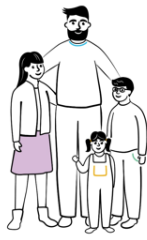
Starting point (baseline):

We began the lesson by discussing different types of families. We wrote down as many combinations as we could think of on whiteboards.



We then matched the different families to their description cards:

"Some children have just one parent but others have two but see them at different times"



Single parent family
Ana, André and Carla live with their dad José.



Blended Family
Last year Jamie's mum and Frankie's dad got married. They all live together with Frankie's older sister Eve and their cat Sooty.



Extended Family
Suraya lives with her mum, dad, brother and aunt as well as her grandma and grandad.

"I have lived with my Nanny before but other people haven't"

"I have two mums but they love me the same as a mum and dad"



Nuclear family
Jordan and his sister Thea live with their mum and dad.



Family without children
Emma and Sandy are partners and live together with their dogs Pip and Jess.



Foster family
Jamal lives with his foster parents Andy and Victor.

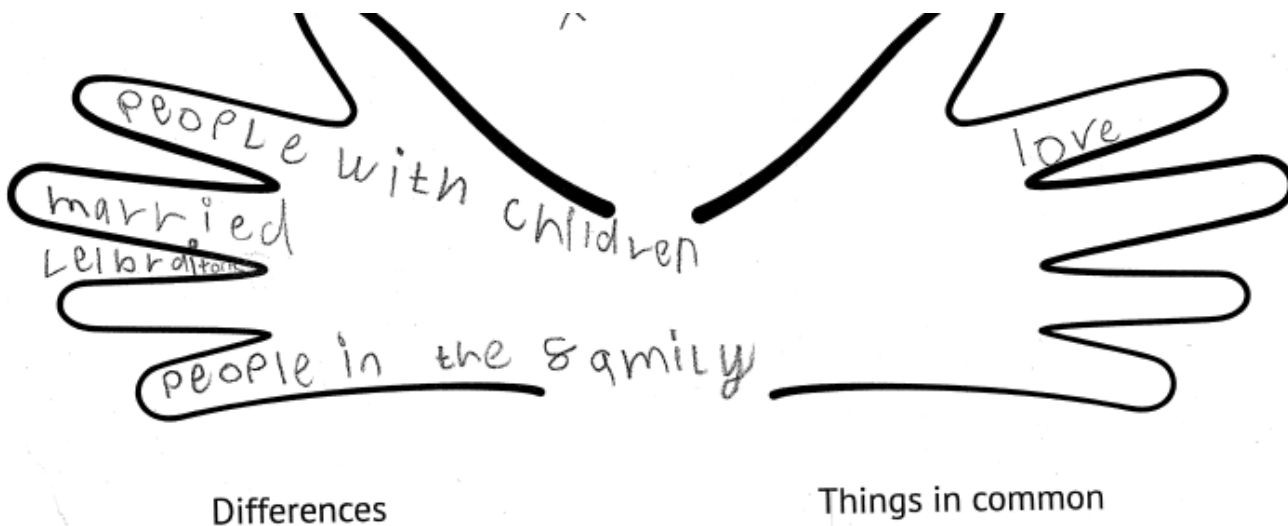


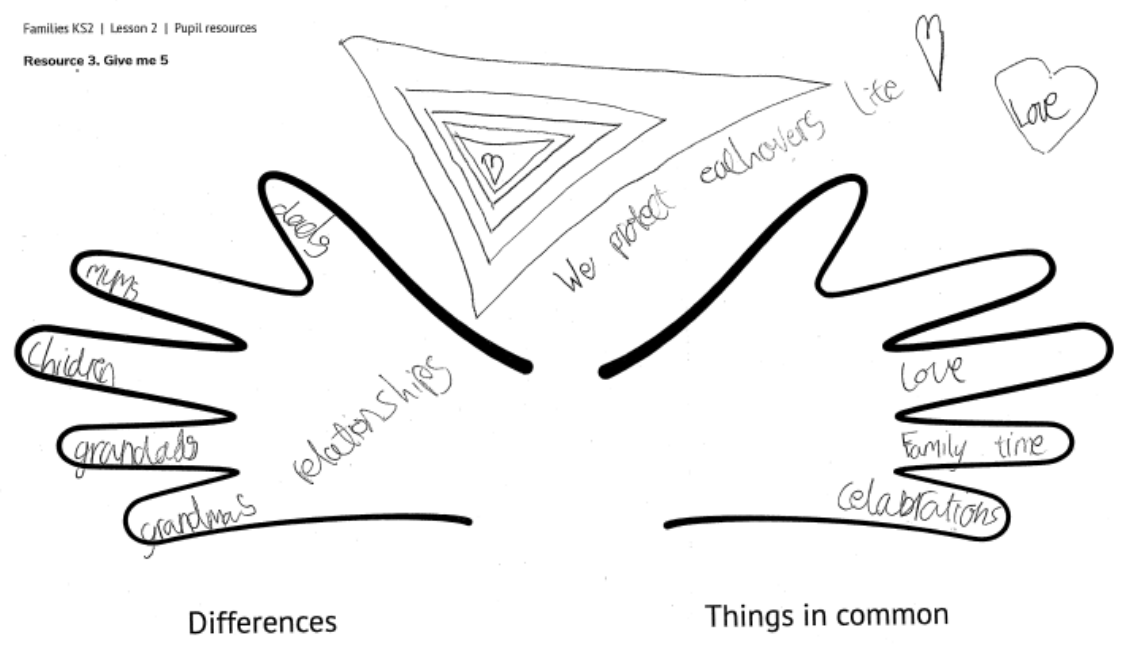
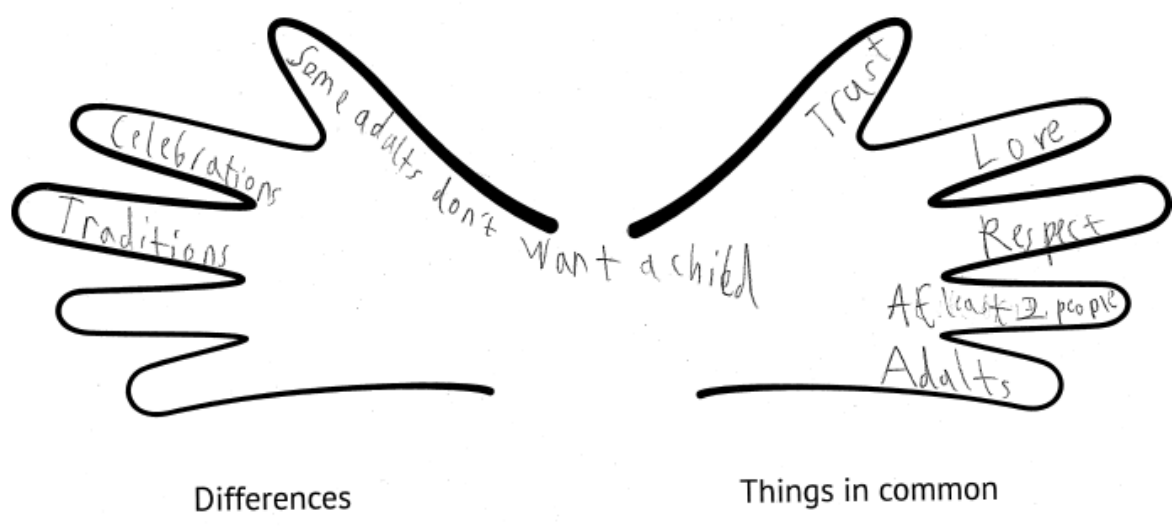
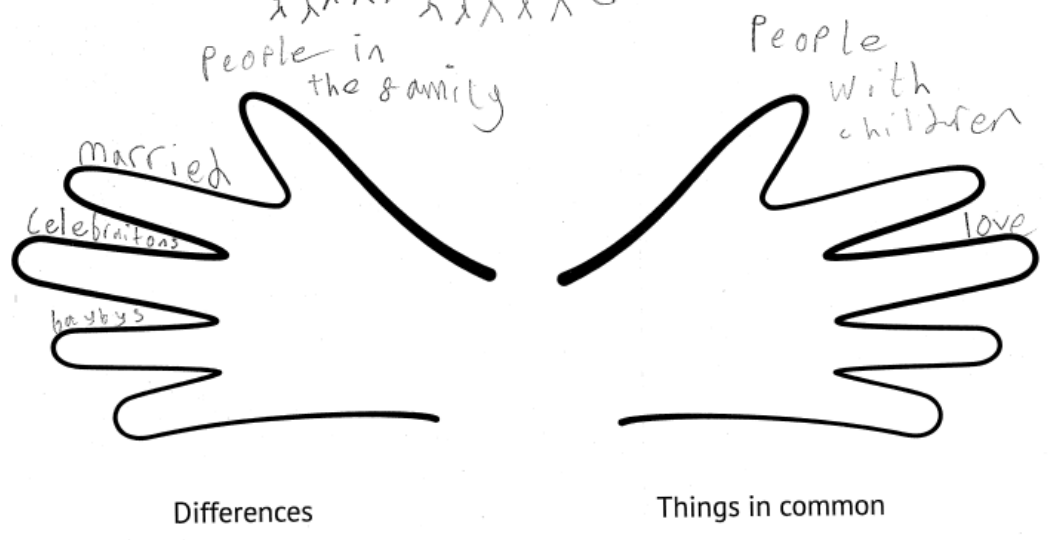
Adoptive family
Christine and Sean live with their adopted children Stanley, Eric and baby Sara.

"Some grown-ups choose not to have any children and that's okay"

Give me 5 activity:

In groups, we discussed what the similarities/differences between the families were





Discussion:

Families are all unique
but most families love
and care for each other
R.M

All families are unique because
none are the same. We all
have different routines and do
things differently
R.C

Families believe
in different
things and
celebrate for
different
reasons.
F.Y

Jamal has been talking to his foster parents about the TV programme and different types of families. His foster parent Victor says, "All families are unique and equal".

What does Victor mean by this? What makes families unique?

Now, in your groups, create your own affirming statement about families.

Why is it important to value and celebrate all family types?

All families have
different people
in them. I don't
live with my real
mum but that's
okay.
P-R.P

Our statements:

"All families are different, and that's what makes them special!"

"Families come in all shapes and sizes — every one is full of love."

"There's no one right way to be a family — what matters is that we care for each other."

"Every family is unique, just like every person!"

"What makes a family special isn't how it looks."

"Families might look different, but they all share love, kindness, and care."

"Our families may not all look the same, but they're all important and special."

"Love makes a family."

"Every family tells its own special story."

Activity:

We drew our 'unique' family - it could have been ours or a family from our earlier discussions.

We considered what made them unique e.g.

- the different family members and their relationship
- their hobbies/interests
- how they spend time together





Lesson 3 - Family Changes

Learning objective(s):

- To learn about change in families
- To identify if/when something in a family might make someone upset or worried
- To learn about what to do and whom to tell if family relationships are making them feel unhappy or unsafe

We started the lesson by discussing the Nish's situation:

Hopes and worries

There will be a change in Nish's family soon - a new baby.

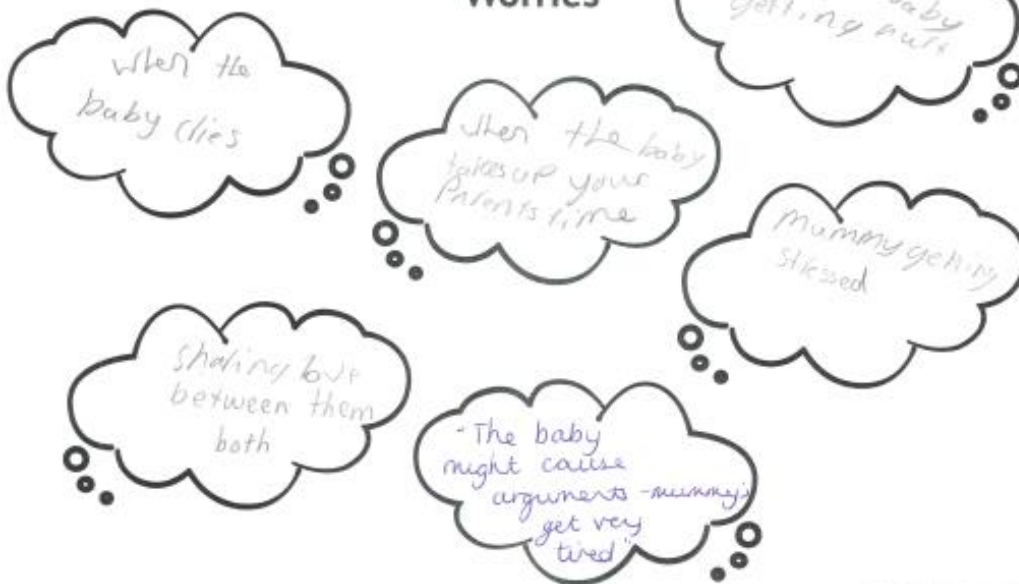
What hopes and worries might Nish have about the arrival of a new baby? Write your ideas on the sheet.



What can Nish do to help some of his worries?

What might help Nish once the baby is born?

Worries



Hopes

Hope the baby will be kind

Hoping its the gender you want it to be

"It won't change how mummy feels about me"

Hoping the baby will like you

Hoping it won't change how mummy feels about her

Hoping it will make your family

Worries

Having a smelly accident

waking me up at night

Not being the only child

the baby not sharing toys

going in my room breaking my things

If he doesn't like you

Hopes

We get along Hope that

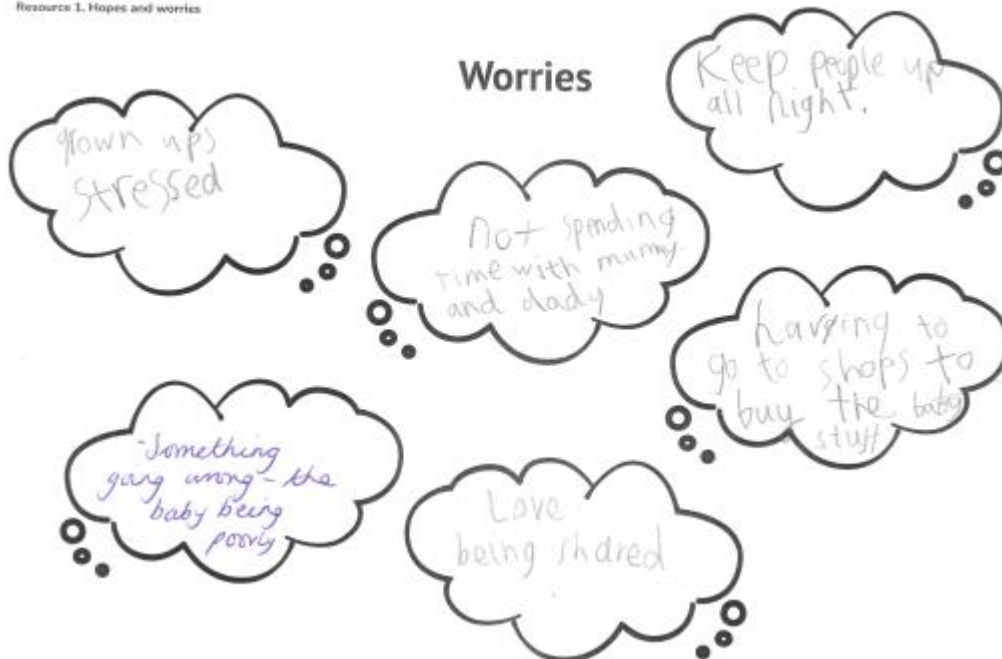
We will play with me

we share toys

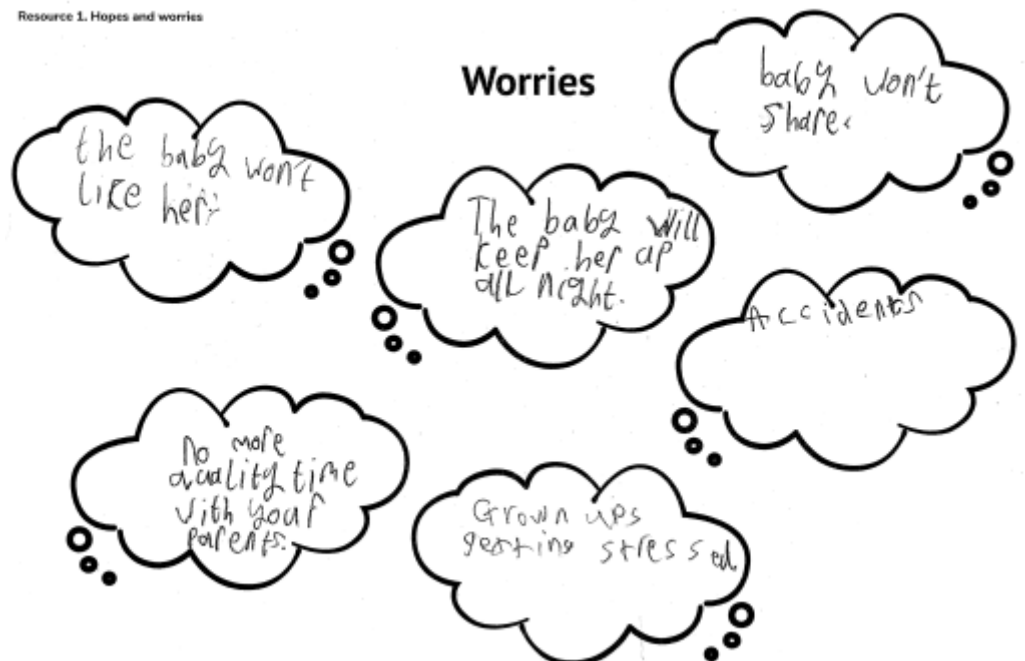
He loves me as much as I love him

That we become friends

"Mum and Dad love us the same"



Families KS2 | Lesson 3 | Pupil resources
Resource 1. Hopes and worries



Based on our hopes and worries, we came up with some ideas for Nish when the baby is born

1. Spend time with the baby to help create a bond
2. Offer Mummy and Daddy help with tidying up or feeding the baby a bottle
3. Ask Mummy and Daddy for special time like reading a book at bedtime
4. Talk to your trusted adult about your worries and how you can help keep the baby safe
5. Find ways to help you sleep well like a white noise machine

We then explored a range of scenarios and considered how the change makes you feel and what we can do to help. Here are some examples:

Jasmine's mum has started a new job and has been working away from home. Jasmine has been staying at home with her dad and grandma, and although she enjoys spending time with them, she is really missing her mum when she is away.

"I think she should ask her Dad to call her mummy or Facetime her." "Maybe she could send her a picture or a message."

Andriy's dad has a new job in a different town and the family are all moving there soon. They will have a bigger house, close to the beach, and Andriy and his sister will go to a new school.

"Moving homes is fun!" "Maybe she could take something from her old home to help remember" "She could take her friends parents numbers to keep in contact"

End of unit assessment:

Resource 5. Sentence starters

A family is a group of people
that are related

Some different types of family are mixed and
not mixed.

I think the most important things about being in a family are love
and care.

Differences between families can be that two mums
two dads.

Things that families have in common can be mums and
dads and sibling.

Some ways to manage changes are talk to someone

Some ways to manage conflict are play secretly
or tell parents

Resource 5. Sentence starters

A family is made with parents and sometimes
they have children.

Some different types of family are adoptive, foster and step

I think the most important things about being in a family are loving

Differences between families can be that one parent, different
amount of children.

Things that families have in common can be care and love.

Some ways to manage changes are talk to some a
parent or teacher

Some ways to manage conflict are denying or split
up or walk away

A family is people who lives with you
and they don't have to live
with you.

Some different types of family are step sisters
step brothers
nanny and granddad.

I think the most important things about being in a family are we
have parents and we love
each other.

Differences between families can be that are ages names
illnesses and colour hair and
different languages.

Things that families have in common can be we all have
adults to keep us safe.

Some ways to manage changes are They can
accept people.

Some ways to manage conflict are Tell your
friend.