

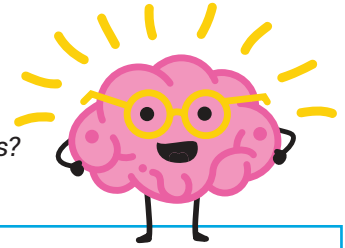
About Families - Level 1

Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question -
Think about who makes up your family. Do you all have a Family Rule or maybe a few rules? What are they? Do you talk about them as a family?



Use the framed photo image below to draw your family. Add 2-3 speech bubbles telling what your Family Rules are.



Stop and Think...

CFU #1 - Stop & Jot in the box below - What is it called when a family makes a list of rules they want to live by? What types of rules do you think should be on a Family Code? Why do you think that?

Rules for a Family Code

- 1.
- 2.
- 3.

Stop and Think...

CFU #2 - A family code may include **Talking, Trusting, Feeling, and Dealing**. What do each of these mean to you?

TALK-
TRUST-
FEEL-
DEAL-

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.

Use the box at the bottom to draw out your thoughts.

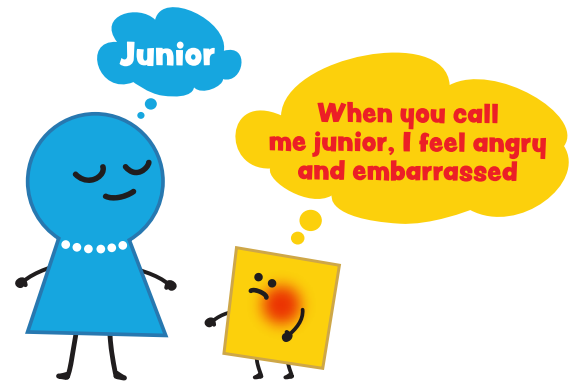


Do you have or could you create a family code? What are your Family Values? What are your Family Nos? Could these change as you get older?

A large rectangular box with a blue border and a scalloped outer edge, intended for drawing out thoughts.

Activity #1 - Independent Practice

TOP 3 List: Make a list of trusted family members/ grown-ups you can talk to about uncomfortable or hard topics. Is it easier to talk to one member about certain topics than the other?



Activity #2 - Group Activity

Group Activity (student handout for this might be unnecessary if it is completely teacher directed-

Create a CLASSROOM FAMILY CODE.

Work as a whole group to create a Classroom Family Code on a large sheet of butcher paper. What are our classroom values? What are our classroom Nos? What grownups can help support us? All students may sign the code around the edge of the page when completed. Hang in the classroom.

Activity #3 - Extended Learning

(activity for an additional class period or to take home)

At home with your family, discuss & create a **FAMILY CODE**. What are our family values/ rules? What are our family Nos? How can we **Talk, Trust, Feel, and Deal**? Who can support us in our family?



Brain Quiz

- 1. Free response** - Your family of origin is the family that you are born into, adopted by, or grew up around. LIST everyone in your family of origin.

- 2. Fill in the blank** - When a family makes a list of the rules they want to live by, that can be their _____.
- 3. Fill in the blank** - A good rule that keeps families healthy is: _____, _____, _____, and _____.
- 4. Free response** - What are some of your family values?
- 5. Free response** - How can your Family Code/ family values help you say NO to risky behavior?

