

About Families - Level 1

Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing
Guide - 3:27 minutes

With Student Video Viewing
Guide - 10 minutes

- **Student Activities -**

Write About It Prompt - 5-10 minutes
Group Activity - 10-15 minutes
Independent Practice - 5 minutes
Extended Learning - 10 minutes

- **Brain Quiz - 5-10 minutes**

Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

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?

Ask students to **"pair and share"** with a classmate, and/or have a brief class discussion

Remind students to **"preview"** the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Stop & Jot! What is it called when a family makes a list of rules they want to live by? (Family Code)
What types of rules do you think should be on a Family Code? Why do you think that? (EX- Tell the truth, try your best, say no to drugs, etc.)

Stop & Jot! A good family code includes rules that helps a person TALK, TRUST, FEEL, AND DEAL.
What do each of these mean to you? (EX- Talk means we can go to Mom about things that are bothering us, deal means I can feel better after I talk to my Mom, etc.)

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Student Activity Options:

- **Write About It Prompt (5-10 minutes) -**

- a. 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?

- **Independent Practice Activity (5 minutes) -**

- a. **Materials needed:** Piece of paper or a Post-It Note, pen
- b. **Prompt/ Directions:** 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?
- c. **Criteria for Success:** Top 3 list complete and a thoughtful answer about who may be easier/ harder to talk with about the topics. Engage the student in a conversation about why (I'm embarrassed, I don't want anyone to be mad at me, I feel like they will think different about me if I share my feelings, etc)

- **Group Lesson Activity (10-15 minutes) -**

- a. **Materials needed:** Butcher paper, marker
- b. **Prompt/ Directions:** 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 grown-ups can help support us? All students may sign the code around the edge of the page when completed. Hang in the classroom and reference often!
- c. **Criteria for Success:** Chart complete with thoughtful ideas, personal to your class (EX- We will show respect by not talking while anyone else, teacher or student, is talking. We will show encouragement for someone who is struggling to learn a new skill by helping them or cheering them on. We can talk with Coach if people are not being kind to us in PE. Etc.)

- **Extended Learning Activity (10 minutes) -**

- a. **Materials needed:** Student-guided discussion with family at home, alternatively a blank sheet of paper/card stock may be sent home.
- b. **Prompt/ Directions:** 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?
- c. **Criteria for Success:** Consider a morning verbal check-in, "Who talked with their families last night about a Family Code? How did that go?" Allow students to share with their seat mate for 2 minutes then select 4-5 students to share to the whole group.

- **Brain Quiz Answer Key (5-10 minutes)**

1. **Free response-** May include: 2 parents & sibling(s), a grandparent and a half sister, etc.
2. **Fill in the blank-** Family Code
3. **Fill in the blank-Talk, Trust, Feel & Deal**
4. **Free response- Ex-** Show respect, say no to drugs, etc.
5. **Free response-Ex-** I know what my family expects from me, I know my family supports me, etc