



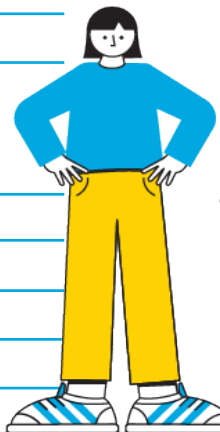
About Families - Level 2

Student Activity Guide

Think About It:

1. Families come in all shapes and sizes. They depend on each other not just for food, clothing and shelter, but also for love, nurturance, relationships, and connection. What else do you depend on your family to receive?

2. How and when do healthy families talk about their feelings?



Brain Quiz!

1. Families are groups of people related by:

- a. Birth
- b. Marriage
- c. Adoption
- d. All of the above

2. Families are interconnected systems. This means that:

- a. What happens to one member of the family affects the other members of the family
- b. Machines are used often in homes
- c. It is fun for families to play the linking arms game
- d. Families often form companies together

3. Family rules:

- a. Help define what is acceptable and unacceptable in the family.
- b. Can be impacted by the family's cultural identity.
- c. Are often patterns passed down from generation to generation.
- d. All of the above.

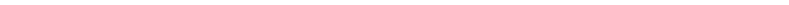
4. _____ are core beliefs and attitudes in the brain about people, relationships, and the world.

- a. Rules
- b. Systems
- c. Schema
- d. Relationships

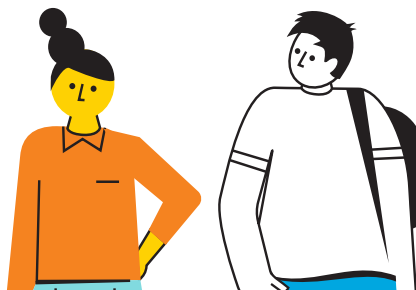
5. All of the following are strategies to strengthen your family relationships EXCEPT:

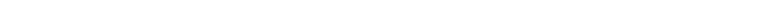
- a. Maintaining communication
- b. Being unsupportive of a sibling's dreams
- c. Spending fun time together
- d. Sharing values





Journal: What are the strengths of your family? What are ways that your family can be more supportive of one another? How do you plan for your future family to be similar or different to the family that you are growing up in?





Infomercial Script:

A minimalist illustration of three stylized human figures in the bottom right corner. One figure is sitting on the ground, wearing a blue long-sleeved shirt and yellow pants. Two other figures stand behind them; one has curly dark hair and wears a yellow and white striped shirt with orange pants, and the other has straight dark hair and wears a blue long-sleeved shirt with yellow pants. The background is a light gray with horizontal blue lines for writing, which are more densely packed in the lower half of the page.



Family Rituals:

