About Families – Level 3 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 that form our thoughts and perceptions.
 - 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

Activity #1 Write About It:

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?

Activity #2 Group Activity:

Each group of 3-5 students create an infomercial on healthy family relationships. Imagine that your infomercial will be used to educate the public on strategies to build a strong family. Share your infomercial with the class.

Informercial Script:

For more information and resources on this topic, please visit BrainAbouts.org BrainAbouts[°] is powered by the John Fontaine Jr. Charity

Activity #3 Extended Learning Activity:

Family rituals are things that you do regularly together as a family. They can range from a special family handshake, weekly game night, movie night, or religious service. In groups of 3-5 students, imagine that you are a family. As a family unit, create family rituals that you will participate in throughout the week or year. (Ex. Special family handshake, trips to the beach during Christmas etc.)

Family Rituals: