

# 5

## My family and I

### SESSION AT A GLANCE

**Drawing/Writing**  
Worksheet 6  
*Family portrait*

**Reflection/  
Discussion**  
*My role model*

**Writing**  
Worksheet 7  
*The people  
I talk to*

**Home activity**  
Worksheet 8  
*My family and I*

Worksheet 9  
*My family  
remembers*

### Preparing for the session

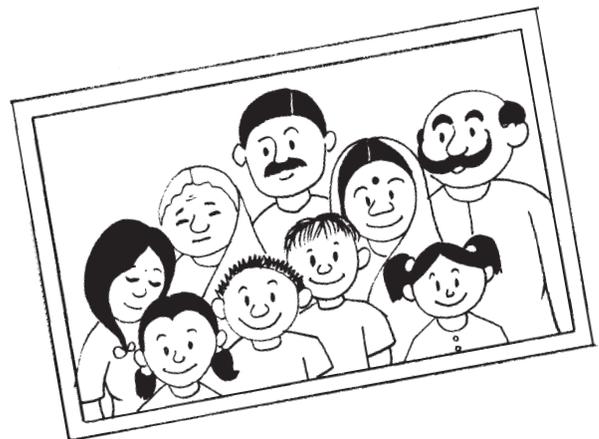
This session focuses on a major factor that shapes a person's identity, namely, the family. A series of short activities have been provided to help your class explore the role of the family in their lives. It is important for you to reassure your class that there is no single definition of a 'good' or 'happy' family; also, there is no such thing as an 'ideal' family. While encouraging your class to share their experiences about their families, it would be a good idea not to force them to talk if they seem unwilling.

#### Main ideas

- What we look like, the way we think and feel, the way we behave - all are greatly influenced by the family we belong to.
- Much of our learning - of skills and values - takes place within the family. One can say that it is our family that makes us who we are.

#### To conduct the session you will need

- Copies of Worksheets 6, 7, 8 and 9  
(one copy of each worksheet per child)



## Conducting the session

### Activity 1 Drawing/Writing

*Family portrait*

Distribute copies of Worksheet 6 to the class. Explain that they have to draw and write about their families. *(Before the children start filling in their worksheet, spend some time discussing with the class what a 'family' is. This discussion is important to help children to question the image of the family as it is commonly portrayed. It is likely that there are children in your class who come from single-parent families or who live in institutions; there may also be those who live far away from their close relatives; and there may be others who live only with a few close relatives while the rest of the family stays back in the village. Help the class to understand that such variations exist and that it is the people who are close to us, those we live with, those we care for and who care for us, who make up our family. It is not necessary for every family to consist of parents, brothers and sisters.)*

Allow about 10 minutes for the activity. Then invite a few children to share their work with the rest of the class.

### Activity 2 Reflection/ Discussion

*My role model*

*(This is a different kind of activity, so do read the instructions carefully.)*

Ask the class to close their eyes and think of one person from their family who is important to them. Ask them to visualise where that person was in the picture they had drawn.

Then explain that you will be asking them a series of questions, which they have to answer in their minds while keeping their eyes shut. They do not have to say or write anything.

Ask the following questions one by one. Allow a few seconds after each question for the class to think of the answers.



- Are you similar to the person ? In which way ?
  - in looks ?
  - personality traits ?
  - skills ?
- Is there any other similarity between her / him and you ?
- What does the person do for you ?
- What do you do for her / him ?
- What do you admire most in that person ?
- Do you want to be like him / her ?
- Is there some way in which you definitely do not want to be like him / her ?
- What is the most important thing you have learnt from this person ?

At the end of the reflection, initiate a discussion on the important role that the family plays in a person's life. You could introduce the topic in the following way.

The family is the first unit or entity in our world, which influences the way we feel and act.

All of us learn many things from our family. While some things are learnt simply through observation, other things are taught to us by members of our family. Apart from basic skills like walking, talking, and taking care of our body - all of which are part of the process of growing up - we learn many other things from the family. Could you give some examples ?

Encourage the class to share their own experiences of the variety of things that they have learnt within the family. Given below are some examples that you could use during the discussion to bring home the different aspects of a person's identity that are influenced by the family.

- Skills learnt in the family : Household skills (cooking, repairing things, shopping for vegetables and groceries, counting and keeping accounts, changing a fuse, washing and mending clothes,

ironing); sport or entertainment-related skills (flying a kite or playing hopscotch, riding a bicycle, driving a cart); skills related to the family's profession (farming, tailoring, carpentry, shop-keeping, laundry work etc.).

- Values learnt in the family : Truth and honesty, pride in one's work, respect for elders.
- Cultural identity shaped by the family : Preferences in food, dressing styles, customs followed, language spoken (including special phrases and idioms peculiar to the family or community), reading habits, folk tales and family stories.
- Religious beliefs shaped by the family : The deities that the family worships, religious festivals, other customs like fasting, taboos about food, myths and legends, visiting places of worship, etc.



Conclude the activity by pointing out that a family is more than just the people we learn from. A family means people who care about us, who share in our joys and wipe our tears of sorrow. In the next activity we will explore this.

### **Activity 3**

#### **Writing**

*The people  
I talk to*

Distribute copies of Worksheet 7 to the class and explain how they have to fill it in. Depending on the time available you could ask some members of the class to share their responses with the rest of the class.

**Summing up****Conclude the session by making the following points.**

For most of us, our family plays a very important role in our lives. The members of our family are the first people we interact with. It is within the family that most of our learning takes place, especially when we are young. The kind of man or woman that a person becomes is very strongly influenced by the family in which he or she grows up.

We find that in certain respects, we want to do things in exactly the same way as our family does them. However, sometimes we disagree with or don't like certain things that are done in our family. In such cases, we may want to do exactly the opposite ! This is also a way of learning.

Being with our family gives us a sense of security, of belonging. We can rely on them and we know that in times of need, they will always be there for us.

**Home activity**

Worksheet 8  
*My family and I*

Worksheet 9  
*My family remembers*

Distribute copies of Worksheets 8 and 9 to be completed at home. Tell the class that all completed worksheets (those done in class and at home) are to be filed in their personal folders.

# Family portrait

- Draw a picture of your family here.

- Where are you in the picture? Draw an → pointing to yourself.
- Write down the names of the different members of your family. Then write down how each person is related to you.

Name

Relationship



Name :  
Date :

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# The people I talk to

When we need help, we often turn to members of our family. We may go to different family members at different times. Can you complete the following statements ?

- When I am unhappy, I go to \_\_\_\_\_
- When I am scared, I go to \_\_\_\_\_
- When I want to know something about the world, I ask \_\_\_\_\_
- When I want to know about my family's past, I ask \_\_\_\_\_
- When I do something really well, I tell \_\_\_\_\_
- When I want to share a secret, I talk to \_\_\_\_\_
- When I do something wrong, I talk to \_\_\_\_\_
- When I do not know what to do in a particular situation, I ask \_\_\_\_\_

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Name :  
Date :

# My family and I

Answer the following questions. If you do not know an answer, you could ask a family member for help.

1. Do you have a pet name ? What is it ? \_\_\_\_\_
2. Who calls you by that name ? \_\_\_\_\_
3. Which part of the country does your family come from ?  
\_\_\_\_\_
4. Are any of your family members still there ? Write down their names, and say how they are related to you.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Is there a family occupation ? What is it ? \_\_\_\_\_
6. What are the things that you like about your family ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Is there anything about your family that you do not like and would like to change ?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Do you sometimes disagree with your family ? About what ?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Name :  
Date :

## My family remembers

Ask your family members for interesting stories about you when you were a baby. Write one or two such stories here.

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Name :  
Date :

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