

E-book Code:
RENZ3007



The Lifeskills Series

Family Relationships

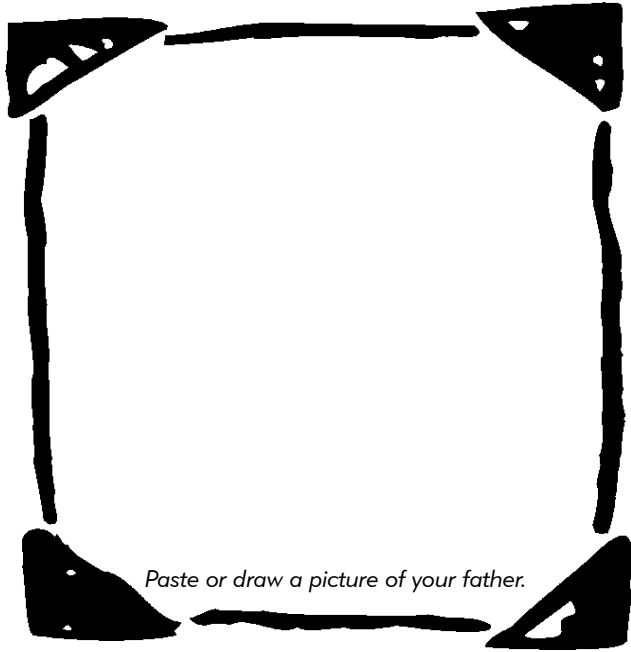
Sample

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Activity 2

Me and My Dad



Write an acrostic poem about your dad. Include some of his well-known habits and be as funny as you like. If he has a short name, you might like to include his middle name or a nick-name.

Remember, an acrostic poem uses the first letter for each line of the poem. Here is an example:

- M** - Magnificent!
- Y** - Young at heart,
- F** - Fantastic at footy,
- A** - Always right,
- T** - Terrific talker,
- H** - Hungry all the time!
- E** - Early bird,
- R** - Ready to listen!

Five words that describe my dad:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My dad's name is _____

Here are five things that my dad does for me:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Here are five things I do to keep my dad happy:

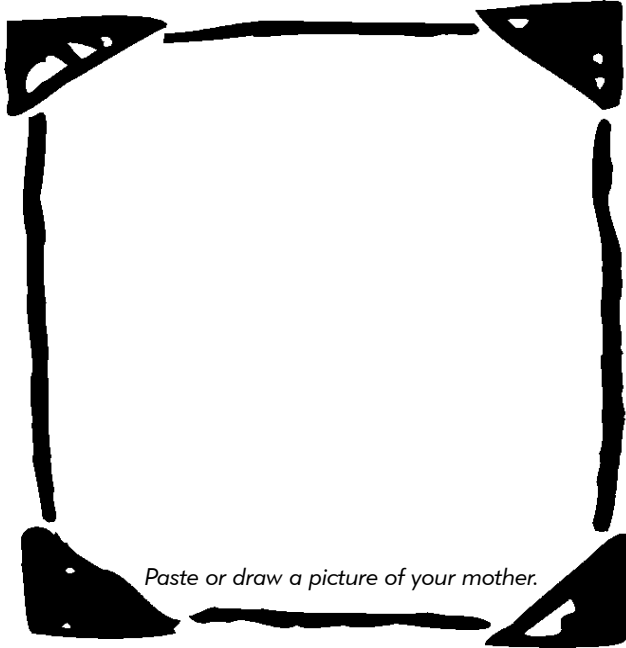
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

When my dad is happy he:

When my dad is angry he:

Activity 3

Me and My Mum



Five words that describe my mum:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My mum's name is _____

Here are five things that my mum does for me:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Here are five things I do to keep my mum happy:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Write an acrostic poem about your mum. Include some of her well-known habits and be as funny as you like. If she has a short name, you might like to include her middle name or a nick-name.

Remember an acrostic poem uses the first letter for each line of the poem. Here is an example:


- M** - Marvellous
- Y** - Young at heart
- M** - Most beautiful
- O** - Organised always
- T** - Terrific tennis player
- H** - Happy to see me,
- E** - Energetic all the time,
- R** - Really fantastic!

When my mum is happy she:

When my mum is angry she:

Activity 7

Going Back in Time

 Sometimes we feel our parents are unreasonable about certain things. For example, we can't understand why they won't let us stay up all night and play computer games! Or why we can't eat just chocolate for every meal!

Ask your parents how they felt about the way their parents treated them when they were your age. Make some notes below.

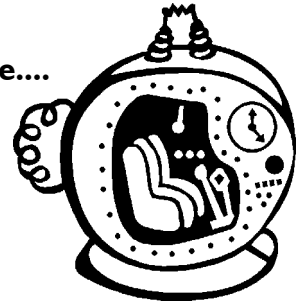
1 What did they get annoyed about?

2 What are some things your parents said they would NEVER do when they had kids of their own?

3 How did their attitudes change when they became adults?

And now into the future....

Step into the time machine and imagine it is the year 2020! You are now an adult with children of your own.



4 What changes in attitudes do you think you might have?

5 Do you think you will feel the same about being a parent as you did as a child?



When I grow up I am going to let my kids do whatever they want!



Yeah, I am going to be such a cool parent. None of this daggy stuff.

I don't get why they tell me off all the time. I am never going to tell my kids off when I am a parent!



Activity 8

How I Feel About My Family



Read each statement below and then tick the box that matches how you feel.

Always Sometimes Never

I feel happy to be a part of my family.

I get along with my family members.

I help my mum and dad.

I help my brothers and sisters.

I fight with my brothers and sisters.

I tell my parents that I love them.

I tell my parents what annoys me.

I boss my brothers and sisters around.

If someone is sad, I find out why.

If someone is naughty, I laugh.

If someone is hurt, I try to help him/her.

I know how other people in my family feel.

I am proud of my family.

I am embarrassed about my family.

I want a new family.

I look out for my brothers and sisters at school.

I spend time on weekends talking to my family.

I know what bothers my parents.

I know what bothers my brothers and sisters.

I help mum and dad around the house.

I complete my jobs around the house.

I do things to help without being asked.


I cause trouble at home by not helping.

My parents know when I am sad.

My parents ask me what is wrong.

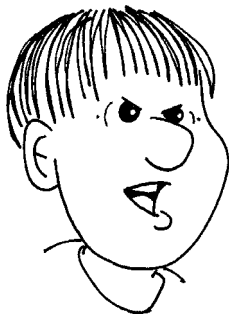
Activity 16

Think Before You Speak!

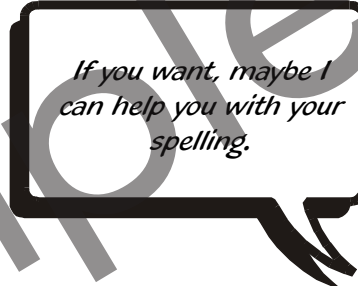
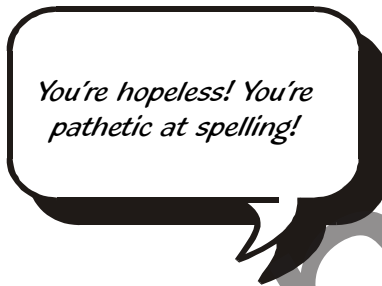
 *How many times have you said something to a family member and then thought that maybe it was the wrong thing to say!*



Sometimes we can be negative in situations rather than being positive.



I'm Mr Negative



I'm Mr Positive

Write Positive or Negative next to each of the statements below.

1. "Get out of my room, you're making it smell!"	
2. "Would you like to play a game in my room?"	
3. "I like what you've cooked for dinner – is it my favourite?"	
4. "I always hate everything we have for dinner."	
5. "Susie is so stupid, she can't even tie her shoelaces yet."	
6. "I am so impressed with the way Mitchell makes his bed."	
7. "Yuck, We're not watching the ABC again are we?"	
8. "It would be interesting to watch something on Channel 5."	
9. "Dad is just terrible at telling bedtime stories."	
10. "There's no way I am listening to that noise on the stereo!"	
11. "I will help you with the computer after I have finished dinner."	
12. "How about I have a go at cooking dinner tonight?"	

Have a look over the statements above. Circle the number of any statements that sound like something you might have said to someone in your family.