Counselor Name:  Karen Ward
Title of Lesson:  A Family of My Own (Use this as the first lesson) about families.
Audience:  ☑ Classroom  ☐ Small Group
Level:  ☐ Primary (K-2)  ☑ Intermediate (3-5)
Target Grade:  4th

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span.  ☐
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college.  ☐
3. Students will understand the relationship of academics to the world of work and to life at home and in the community.  ☐

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.  ☐
5. Students will employ strategies to achieve future career goals with success and satisfaction.  ☐
6. Students will understand the relationships between personal qualities, education, training and the world of work.  ☐

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.  ☑
8. Students will make decisions, set goals, and take necessary action to achieve goals.  ☐
9. Students will understand safety and survival skills.  ☐

COUNSELING COMPETENCY(IES)
Demonstrate healthy ways of dealing with conflicts, stress and emotions in self and others

STATE STANDARDS:
Reading P.O. Distinguish between major characters and minor characters.
Writing P.O.
Math P.O.

MATERIALS/RESOURCES:
Butcher Paper.
The book, Totally Uncool, by Janice Levy, is option #2.
Paper for each student in option #3.

ACTIVITY:
1. What is a family? Listen to all the answers and use their answers to make up a definition for a family. Record the definition on butcher paper.
or on the board. Some of the things important to include are: a family is you and the people you live with that love and take care of you. Next, ask students to list types of family configurations. Some possible responses would be: husbands, wives and children, mothers and children, fathers and children, grandparents and grandchildren, stepparents and children, parents and adopted children, etc. Sometimes families change. For example, divorce, death, remarriage, moving, incarceration. What are some feelings that come up when one of these things happens in a family? So far, students are sharing in general about families. *IT IS NOT APPROPRIATE FOR STUDENTS TO SHARE THEIR PERSONAL FAMILY SITUATIONS IN FRONT OF THE CLASS! What are some healthy ways of dealing with conflicts, stress and emotions that can occur because of change?

2. If time allows, read *Totally Uncool*, by Janice Levy. After the reading, have students name the ways that Elizabeth (the girlfriend) was TOTALLY COOL about her relationship with Alex. (I counted 24 good things about their relationship.)

3. Now, ask students to think about their families. Be sure to acknowledge this would be the family you live with as well as the family that doesn’t live with you like aunts, uncles, grandparents, cousins, etc. Have students draw a picture of a person from their family that they would like the class to know about. The picture should contain hints that tell something about the person. For example, holding a book means they like to read; wearing certain clothes could show what they enjoy doing; show something about their job; a smile could indicate that they have a sense of humor.

**EVALUATION:**

**Pretest/Postest:**

**How did the student change as a result of this lesson?** Students will acquire an awareness and an acceptance of the diversity in families.

**Information/Comments/Follow-up:** The second and third items can be done during another lesson time. *Be sure to remind students that you are available to talk to them privately about any concerns they might have about their families. To support the reading standard have students discuss the interaction between Dad’s girlfriend and Alex in the Book, *Totally Uncool.*

Revised 10/11/2004