Counselor Name: Karen Ward
Title of Lesson: A Family of My House – A Family of My Heart
Audience: Classroom, Small Group
Level: Primary (K-2), Intermediate (3-5)
Target Grade: 4

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.
Writing P.O. Generate ideas through a variety of activities (e.g. brainstorming, graphic organizers, drawing, writer's notebook, group discussion, printed material.)
Math P.O.

Materials/Resources:
Three different colored 8 ½" x 11" paper. Each student will need three different colors of paper.

Activity:
In the first lesson on family, students had an opportunity to talk about feelings that come up when there is a change in the family. Sometimes the way the family is and the way we want it to be do not agree. It's important to share those feelings in a safe way, but we also need to accept that what we want does not always happen. If students feel the same about the family of their house and the family of their heart, have them write
about why their family is a family of the heart. Teach students how to make the graphic organizer. Have 3 colors of 8 ½ "x11" paper. Lay the papers flat on top of each other, but have about a 1 ½" of each color showing. Now leave the papers laid out this way and fold in half. On the first flap write, FAMILY OF MY HOUSE. On the second flap write, FAMILY OF MY HEART. On the third flap write, FEELINGS ABOUT MY FAMILY. (Students should include their name on the graphic organizer.) Have a discussion about each section before students start writing or drawing. Remind them that a family is you and the people you live with that love and take care of you. All families are different. There is no right family configuration. The information should be written on the backside of the each title to keep it private. Be sure to collect this assignment. The answers may help you decide who needs extra support.

**EVALUATION:**

**Pretest/Postest:**

**How did the student change as a result of this lesson?** Students will have more awareness in understanding their family and their feelings about the family.

**Information/Comments/Follow-up:** Identify students who need extra support by reviewing what was said on the graphic organizer.

Revised 10/11/2004