



LKS2
Health &
Wellbeing

Relationships

Living in the
Wider World

Unit 5: Emotions Lesson 4: Family Changes

Learning Objectives

- Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- Understand that family units can be different and can sometimes change

PW34 Develop strategies for managing and controlling strong feelings and emotions

PW42 Identify strategies to respond to negative behaviour constructively and ask for help

PW45 Form and maintain appropriate relationships with a range of different people

Introduction

This can be a difficult unit as it will affect children in a variety of ways. Some pupils may have experienced divorce or separation. They may have organised contact time with the parent who left the family home, while others may only have access to one parent. It is important to teach about this sensitive subject in a way which is appropriate to your class, ensuring that all family units are celebrated.

- What is a family? Show the pictures of different family units. Discuss who makes up each family unit.
- Explore how a family unit provides care, support and love and comes in many shapes and sizes. Most pupils will be happy to talk about their own family unit. Use individual pupils' circumstances, as appropriate, to illustrate how different the makeup of family units can be.

Resources

Lego
Photos

Main Activity

- Use a tower made from lego bricks to represent a family. Discuss how each brick represents a family member and is a valuable part of the whole unit.
- Demonstrate what happens if a family unit changes. Move a brick away. What happens to the family unit? It changes shape but each brick is identifiable, still belongs to the unit and has a special role to play. This new tower can still provide love, support and care - it just looks different from how it looked before.
- Explore the idea of some children having two homes. Explain that, at first, this may involve a lot of change e.g. routines. There may be disagreements, with some family members feeling very unhappy. Discuss possible reasons for this.
- Ask the pupils about how they think this feels or use their own experience to share their thoughts with others. What can they do to get through these times?

Plenary

- Reassure pupils that changes in circumstances are not their fault and they should, therefore, not feel guilty about these changes.

Assessment

- What is a family?
- Give three different examples of a family unit.

Two Homes