

MY FAMILY

MATERIALS |

paper, markers or crayons

OPTIONAL: other art supplies such as magazines, glitter, construction paper, or glue

OBJECTIVES | The objective of this activity is for participants to learn about each other's families.

FACILITATOR INSTRUCTIONS |

Introduce the concept of family:

- Ask participants: "What do you think it means to be a "family?" Take note of their responses on the board.
- Often when we think about family we think about the people we live with or the people we are related to. But family can mean a lot of things. It can be the people we feel most safe with, or people we just really love, or friends we are so close to that it feels like we are family. There are all kinds of families. Some people's families are their mom and dad, other people might just have a mom or just have a dad. Some parents are divorced. Some people might have a grandma or grandpa. Some people might have two moms or two dads, or an aunt. Some people may be biologically related to their family members, others might not be. Some people have siblings they consider family, others do not have siblings or are not very close to their siblings. Everyone's family is important and special—not matter what it looks like or who is in it!
- We also hope to become a kind of family here at this school and in this class. What does would it mean to be a family in this classroom? Take note of examples.

Facilitator shares about their own family.

- Explain who you consider to be part of your family and why : *"I think of my family as.....because....."*
- Share a picture, video or other visual representation of your family. If you bring in pictures pass them around so everyone can see them.
- If you want to make it a bit more fun, you could have students guess what your family is like before you tell them: *"Who do you think is in my family? Who do you think I live with? Any guesses?"* or you could pass around photos first and ask participants to guess who they people are to you.

Invite participants to think about what the word family means to them and who they consider to be a part of their family. They should creatively represent their family on a piece of paper. They might choose to draw a picture, create a "family tree," write an essay, write a poem, write some words that represent important things about their family, etc.

Break students into groups of 3-5 and allow each person to share about their family with their group.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What do our families have in common?
- How are they different or unique?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

NOTES |

WARNING: This activity may be challenging or triggering for participants with complicated family histories.

EXTENSIONS: Read a book or watch a film or short video clip that explores the idea of family or presents diverse families and family structures.

Invite participants to bring in a picture of their family to share.