

1

Children's Unit 1

All Kinds of Families

Age 9-12

Total Time: 1.5 Hours

PART 1: Ice Breaker

PART 2: All Kinds of Families

PART 3: My Creation Story

ANNEXURE 1: Roots and Branches

Part 1: Ice Breaker

Time:

15-20 Minutes

Objective:

Participants will work to build relationships within the group by sharing positive thoughts with members.

Materials:

None

Techniques:

Ice Breaker

TRAINER INSTRUCTIONS:

1. Instruct the children to sit in a circle. Begin by asking one child to compliment the person to their right by telling them something they like about that person. That child should simply say “thank you” and then turn to compliment the person on their right. Continue until the circle is finished.

Part 2: All Kinds of Families

Time:

20 Minutes

Objective:

Participants will reflect on the many types of families

Materials:

- Marker Board or Chart Paper, markers

Techniques:

- Group Discussion

TRAINER INSTRUCTIONS:

1. State that we are going to talk today about the many kinds of families. Facilitate a discussion around the concept that children grow up in many different ways --- ask the group to think of the many types of families. (Brainstorm and put list on board or paper)
2. Be sure to include the following if the group hasn't mentioned them:
 - Some live with their first mother and father
 - Some children have only one parent
 - Some children live with another relative or friend
 - Sometimes children do not have any adults to help them
 - Some children live and grow up with lots of other kids in a Children's Home
 - Some children are adopted into families where they finish growing up
3. Tell the group that children grow up in many different ways --- Emphasize that we don't understand why things happen, but it is the destiny for some of them to return to their families at some time, some will be adopted, and some will grow up in the children's home ... but all will grow up with LOVE.

4. Emphasize that wherever a child lives, in whatever type of family, ALWAYS REMEMBER, every single person in this world is invited to love, to enjoy those around them, to be of service, and to make a good life for themselves.

Part 3: My Family Experiences

Time:

45 Minutes

Objective:

Participants will take part in an activity to think about their family experiences

Materials:

- Annexure 1: Roots and Branches

Techniques:

- Art Activity

TRAINER INSTRUCTIONS:

1. Tell the children that no matter what type of family they are in (their parents/relatives, the children's home, adoptive family) they grow from their experiences like a tree with many roots and branches.
2. Distribute Annexure 1 and invite the children to draw or write about their roots and branches.
 - They will draw/write about their **roots** from their first family and from their current living situation, leaving some root spaces and branches blank, which they can add in the future. They may include family members, where they are from/currently living, pictures/drawings of their homes, etc.
 - They will also draw/write about their **branches**, which are gifts from their first family and their current family, leaving space for their forever family in the future. Gifts might include their looks, personality traits, values, feelings, etc.

Trainer Note: You will need to guide them to think about what to add to their tree as they are working. You may also engage the group to brainstorm ideas together. Help them to understand their unique foundation and the special strengths they have built through their life experiences. Note that just like a tree's roots and branches, all of their experiences intertwine to build who they are.

3. When finished, you may invite volunteers to share their trees with the group if they wish.
4. Gather the drawings and keep them in a safe place as they will become a part of their LifeBook in future sessions.

1

Unit 1 Annexures

All Kinds of Families

ANNEXURE 1: Roots and Branches



Annexure 1: Roots and Branches

