



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5 – Violence Prevention and Healthy Relationships

Unit 2

SOLs:

- 5.3.i Explain the benefits of having positive relationships with family, friends, and neighbors.

Title: Family Portrait

Objectives/ Goals:

- The student will be able to
 - recognize different types of family units
 - explain how family members care for one another
 - identify their role within their family structure

Materials:

- [Family Portrait Slides/Presentation](#)
- [Family Portrait Two Families](#)
- [Family Portrait Same but Different](#)
- [Family Portrait Silhouette](#)

Procedure:

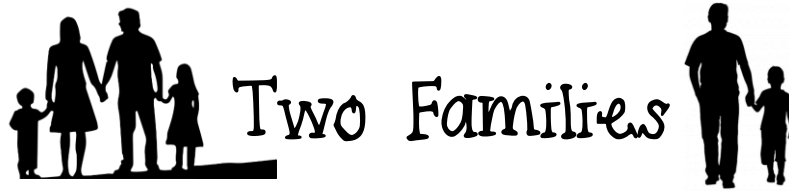
Step 1	<ul style="list-style-type: none">● With the first slide up of the Family Portrait Slides/Presentation, introduce this lesson by asking students to share who they live with or who they consider their family (only if they're comfortable and volunteer
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	the information). It may be helpful to share what your family looks like.
Step 2	<ul style="list-style-type: none"> ● Slide 2 Define and discuss what a family is and what strong families do (nurture).
Step 3	<ul style="list-style-type: none"> ● Pass out a copy of the Family Portraits Two Families worksheet. ● Individually have the students complete this by reading about the two children’s families and answering the questions at the bottom of the worksheet.
Step 5	<ul style="list-style-type: none"> ● Discuss the worksheet and student answers. ● Point out families are can be very different, yet nurturing and loving.
Step 4	<ul style="list-style-type: none"> ● Pass out a copy of the Family Portrait Same but Different worksheet to each student. ● Slide 3 The teacher and a volunteer student can do this class example before students work with a partner to complete their worksheet. ● With a partner complete the “We are the Same. We are Different.” worksheet. <ul style="list-style-type: none"> ○ Point out the example questions at the bottom of the worksheet to help guide students in asking questions of their partner. ○ When they find something that is the same between themselves write it where the circles meet. ○ Note that they can ask any family related questions. ● Once complete have some of the partners share what was the same but different. ● Ask students if there are similarities within the whole class and if they were surprised by anyone’s family.
Step 5	<ul style="list-style-type: none"> ● Slide 4 Introduce the “Family Portrait” project. ● This can be completed in class or as an at home assignment. ● Redirect them to think about their specific family with the question “What does your family look like?” ● Explain that they will be creating a collage of their family using words and images that express what it looks like. ● Slide 5 has an example with rubric. <ul style="list-style-type: none"> ○ In this example students can see that in “Mrs. Adams” family portrait she wrote words like ‘hugs,’ ‘walks,’ and ‘fighting.’ These are all things that remind her of her family.

	<ul style="list-style-type: none"> ○ Explain that not all the words or images have to be happy or positive. For example, there's 'fighting' in Mrs. Adams' family.
Variations	<ul style="list-style-type: none"> ● Have the students cut out the Family Portrait character and hang them in your room. ● Incorporate cutting and pasting of words or images from a magazine. ● Have students write a brief paragraph about what makes their family special.

Assessments, References, & Sources:

- Bronson, M.H. (2007). Glencoe Teen Health Course 1
- Stacy Adams, Shaler Area Elementary School



DIRECTIONS: Everyone's family is unique. Below are the stories of two different families. Read the stories. Then answer the questions that follow.

Anika's Family

Anika was sad. She couldn't remember if she left her favorite headscarf at her mom's house or her dad's house. It was so hard to keep track. Anika's mom and dad got divorced three years ago. That means that they are not married to each other anymore, but she knows they both still love her and older brother Sameer. Anika wishes her dad still lived with them. He could always make her laugh when the other kids teased her about wearing her traditional headscarf. Now she couldn't find her favorite one. When Anika's parents got divorced, her dad moved to a new house. Last year, Anika's dad married a lady named Claudia. Anika's dad and Claudia just had a baby named Sami. That makes Sami her half-brother. He is really fun to play with! Anika likes going to both parents' houses because they both have fun things to play with. Her mom lives in an apartment and it has a hamster and a play kitchen. Her dad lives in a huge house with a trampoline, a big dog named Puddles and now Baby Sami. Anika loves her family, even though living in two different houses means she can't always find her favorite things!

Aaron's Family

Aaron feels so happy. Today is the day his mom is going to graduate from college! Aaron's mom's family didn't have enough money to send her to college when she was younger, so she had to wait until she made money herself. Aaron's mom is raising him and his sister Emma by herself. Since she doesn't have a lot of money, they live with their grandma, too. Their grandma stays with them when Aaron's mom is at her job or her college classes. Sometimes Aaron wishes he saw his mom more, but he knows she is going to college, so she can get a better job. He hopes that they will have more money when she gets a new job. Aaron feels embarrassed because he wears clothes and sneakers with holes in them since they have no money for new clothes. Sometimes they don't even have money to buy food. If she gets a new job, maybe she will buy Aaron a basketball, so he can play with the other kids. Aaron can't wait! Aaron's grandma always tells him that they are rich with love! He is going to clap the loudest when they call his mom's name at graduation today!

List 2 things that are the SAME about the two families:

1 _____

2 _____

List 2 things that are different about the two families:

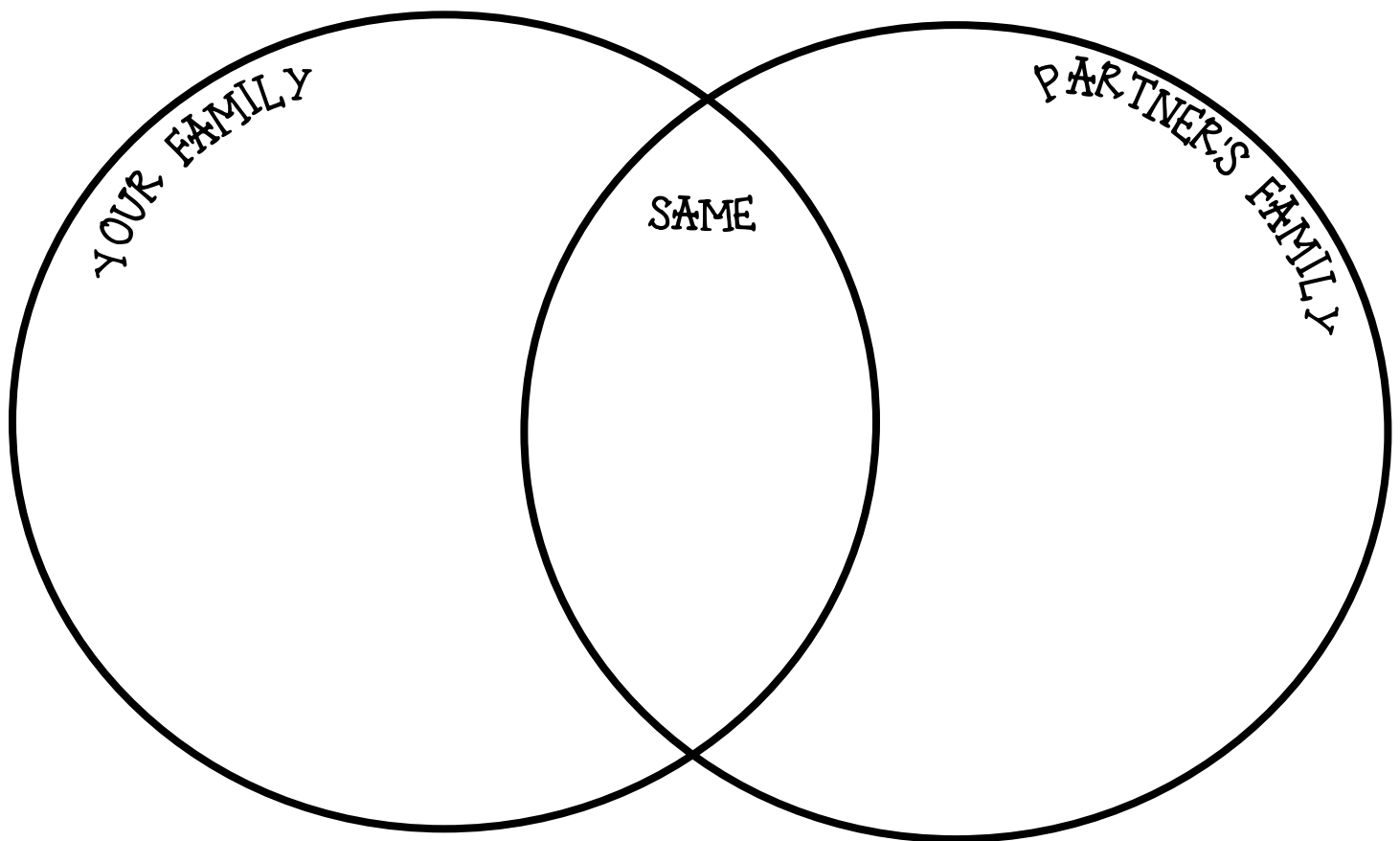
1 _____

2 _____

We are the SAME.

We are **DIFFERENT**.

DIRECTIONS: Your family probably has something that is similar and something that is different from every one of your classmates' families. Figure out what that is below by completing the Venn diagram below.



A. With your partner, complete the space where the circles meet with 3 ways your families are the SAME.

B. Under the other sections write 3 ways your families are different.

*Use the questions to the right for ideas.

*EXAMPLE QUESTIONS:

1. How many people are in your family?
2. Do you have brothers/sisters?
3. Do you live with anyone you're NOT related to?
4. Where does your family live?
5. What does your family like to do together?
6. What is your family's favorite holiday?
7. What language does your family speak?

Ask any other ? about families.

