

E-book Code:  
REAU3007



---

# The Lifeskills Series

---

## Family Relationships

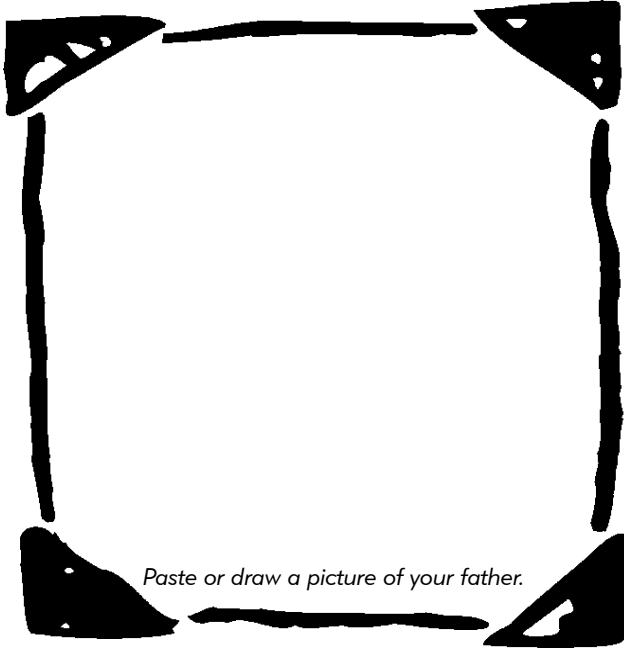
Sample

# • Contents •

About the Life Skills Series .....	4
Curriculum Links .....	5
Looking After Yourself .....	10
<b>THE FAMILY UNIT</b>	
Information: The Family Unit: Notes for Teachers and Parents .....	11
Family Relationships - Relevant Websites .....	12
Activities: My Parents .....	13
What Do My Parents Do For Me? .....	14
Me and My Dad .....	15
Me and My Mum .....	15
Mum for a Day .....	16
A Parent Interview (1) .....	17
A Parent Interview (2) .....	18
Going Back in Time .....	19
My Family How I Feel About My Family .....	20
My Amazing Family .....	21
Helping at Home .....	22
Washed Up! .....	23
It's Not My Turn! .....	24
Ripper Roster (1) .....	25
Ripper Roster (2) .....	26
<b>FAMILY CONFLICT</b>	
Information: Family Conflict: Notes for Teachers and Parents .....	27
Family Conflict - Relevant Websites .....	28
Communication Trouble At Home .....	29
Think Before You Speak .....	30
Say That Again? .....	31
I Don't Think So! .....	32
Role-Play Teachers' Notes .....	33
Role-Play Cards .....	34
Separation and Divorce .....	35
Story: When Simon's Dad Moved Out .....	36
Activities: Reflection: When Simon's Dad Moved Out .....	37
What's Happened To My Family? .....	38
Changes at Home .....	39
My Feelings Families and Feelings .....	40
Letting Off Steam .....	41
What Makes Me Mad? .....	42
Family Change My Changing Family .....	43
In Someone Else's Shoes (1) .....	44
In Someone Else's Shoes (2) .....	45

## Activity 2

# Me and My Dad



Five words that describe my dad:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My dad's name is \_\_\_\_\_

Here are five things that my dad does for me:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Here are five things I do to keep my dad happy:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Write an acrostic poem about your dad. Include some of his well-known habits and be as funny as you like. If he has a short name, you might like to include his middle name or a nick-name.

Remember, an acrostic poem uses the first letter for each line of the poem. Here is an example:

**M** - Magnificent!  
**Y** - Young at heart,  
**F** - Fantastic at footy,  
**A** - Always right,  
**T** - Terrific talker,  
**H** - Hungry all the time!  
**E** - Early bird,  
**R** - Ready to listen!

---

---

---

---

---

---

---

---

---

---

When my dad is happy he:

---

---

---

---

When my dad is angry he:

---

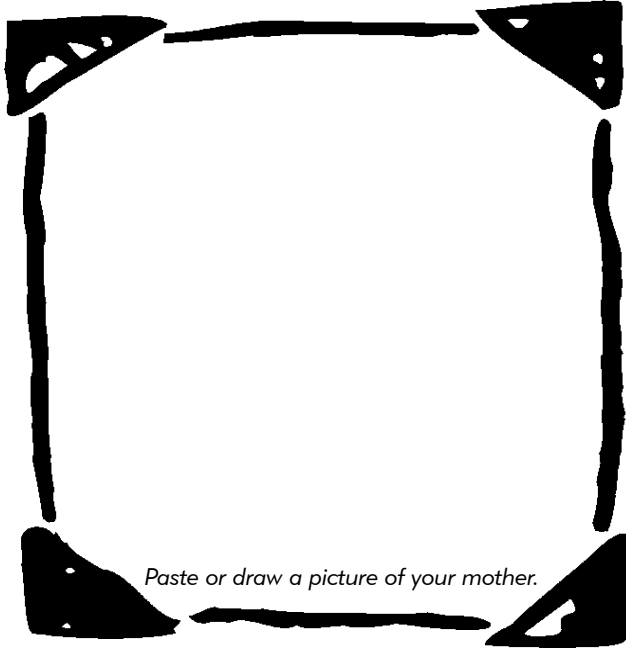
---

---

---

### Activity 3

# Me and My Mum



Five words that describe my mum:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My mum's name is \_\_\_\_\_

Here are five things that my mum does for me:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Here are five things I do to keep my mum happy:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Write an acrostic poem about your mum. Include some of her well-known habits and be as funny as you like. If she has a short name, you might like to include her middle name or a nick-name.

Remember an acrostic poem uses the first letter for each line of the poem. Here is an example:

- M** - Marvellous
- Y** - Young at heart
- M** - Most beautiful
- O** - Organised always
- T** - Terrific tennis player
- H** - Happy to see me,
- E** - Energetic all the time,
- R** - Really fantastic!

---

---

---

---

---

---

---

---

---

---

---

---

When my mum is happy she:

---

---

---

---

---

When my mum is angry she:

---

---


---

---

---

### Activity 7

# Going Back in Time

 Sometimes we feel our parents are unreasonable about certain things. For example, we can't understand why they won't let us stay up all night and play computer games! Or why we can't eat just chocolate for every meal!

Ask your parents how they felt about the way their parents treated them when they were your age. Make some notes below.

❶ What did they get annoyed about?

---

---

---

---

---

❷ What are some things your parents said they would NEVER do when they had kids of their own?

---

---

---

---

---

❸ How did their attitudes change when they became adults?

---

---

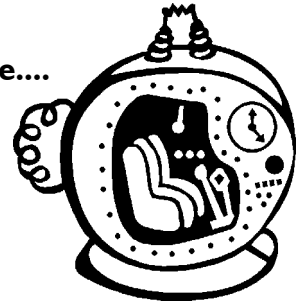
---

---

---

And now into the future....

Step into the time machine and imagine it is the year 2020! You are now an adult with children of your own.



❹ What changes in attitudes do you think you might have?

---

---

---

---

---

❺ Do you think you will feel the same about being a parent as you did as a child?

---

---

---

---

---

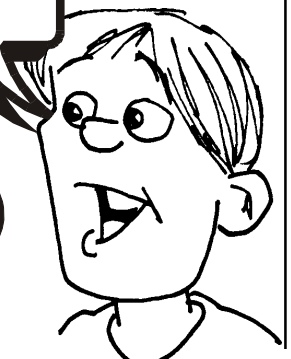


*When I grow up I am going to let my kids do whatever they want!*



*Yeah, I am going to be such a cool parent. None of this daggy stuff.*

*I don't get why they tell me off all the time. I am never going to tell my kids off when I am a parent!*



# Activity 8 How I Feel About My Family




Read each statement below and then tick the box that matches how you feel.

Always   Sometimes   Never

- |   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| I feel happy to be a part of my family.           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I get along with my family members.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I help my mum and dad.                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I help my brothers and sisters.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I fight with my brothers and sisters.             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I tell my parents that I love them.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I tell my parents what annoys me.                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I boss my brothers and sisters around.            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If someone is sad, I find out why.                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If someone is naughty, I laugh.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If someone is hurt, I try to help him/her.        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how other people in my family feel.        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am proud of my family.                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am embarrassed about my family.                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I want a new family.                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I look out for my brothers and sisters at school. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I spend time on weekends talking to my family.    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know what bothers my parents.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know what bothers my brothers and sisters.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I help mum and dad around the house.              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I complete my jobs around the house.              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I do things to help without being asked.          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I cause trouble at home by not helping.           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My parents know when I am sad.                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My parents ask me what is wrong.                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Activity 16**

# Think Before You Speak!

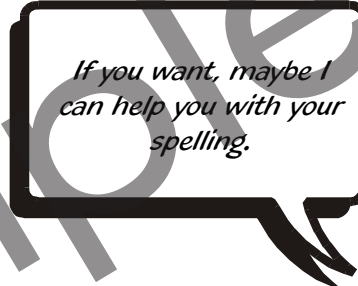
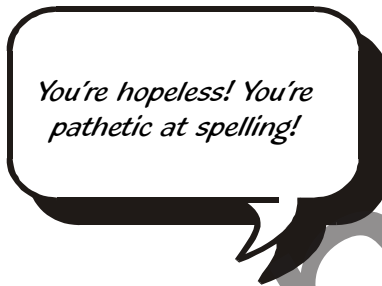
 How many times have you said something to a family member and then thought that maybe it was the wrong thing to say!



Sometimes we can be negative in situations rather than being positive.



**I'm Mr Negative**



**I'm Mr Positive**

**Write Positive or Negative next to each of the statements below.**

1. "Get out of my room, you're making it smell!"	
2. "Would you like to play a game in my room?"	
3. "I like what you've cooked for dinner – is it my favourite?"	
4. "I always hate everything we have for dinner."	
5. "Susie is so stupid, she can't even tie her shoelaces yet."	
6. "I am so impressed with the way Mitchell makes his bed."	
7. "Yuck, We're not watching the ABC again are we?"	
8. "It would be interesting to watch something on Channel 5."	
9. "Dad is just terrible at telling bedtime stories."	
10. "There's no way I am listening to that noise on the stereo!"	
11. "I will help you with the computer after I have finished dinner."	
12. "How about I have a go at cooking dinner tonight?"	

Have a look over the statements above. Circle the number of any statements that sound like something you might have said to someone in your family.