

# RELATIONSHIPS EDUCATION

## MODULE A Families

O1 - Our families and how they make us  
feel

Year 1  
Autumn Term: Lesson 1



# Lesson Overview

## Lesson 1: Our families and how they make us feel

**Engage  
&  
Activate**

Whole Class Activity

'Peace at Last'



15 minutes

**Explore  
&  
Explain**

Independent & Whole Class Activities

My family tree



20 minutes

**Elaborate  
&  
Reflect**

Whole Class Activity

A special family recipe

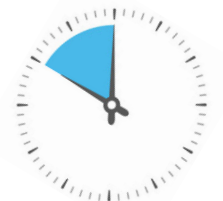


15 minutes

**Evaluate  
&  
Review**

Whole Class & Paired Activities

Families are a blessing



10 minutes

# Lesson Plan

## Lesson 1: Our families and how they make us feel

### Aim

To understand the structure of our families and describe how they make us feel

### Lesson Objectives

In this lesson pupils will:

**Describe** how families make them feel

**Explore** different family structures

**Understand** that families are special and a blessing from Allah

### Learning Outcomes

By the end of this lesson pupils will have:

**Discussed** the qualities of a special family

**Acknowledged** that all families are different

**Explained** reasons why families are special and a blessing from Allah

### Key Vocabulary

special

structure

blessing

feelings

### Resources



Resource sheets



Mixing bowl  
and spoon



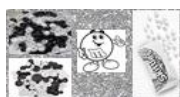
Pens / Pencils



Video



Soft ball /  
Bean bags



Variety of small objects, e.g.  
buttons, beads, Skittles, M&M's, glitter

# Lesson Plan

Engage  
&  
Activate

## Lesson 1: Our families and how they make us feel

Whole Class Activity

'Peace at Last'

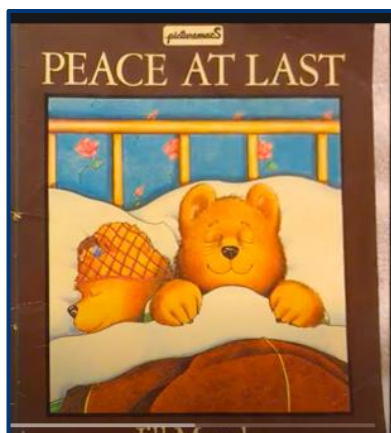
**Inform** pupils that in this lesson, we will be **exploring** families and how they make us feel.

**Read** the story, 'Peace at Last', as a class.

**Ask** pupils questions to prompt discussions about families:

- How many people are in Mr Bear's family?
- Is Mr Bear's family big or small?
- Is your family small like Mr Bear's?
- What are some of the things that kept Mr Bear awake at night?
- Do you sometimes find it difficult to go to sleep like Mr Bear?
- Do your siblings keep you awake at night?

**Point** out that families are like flowers, they are all different, however they are all special in their own ways.



<https://essex.newham.sch.uk/wp-content/uploads/2020/06/Peace-At-Last-Story.pdf>

# Lesson Plan

Engage  
&  
Activate

## Lesson 1: Our families and how they make us feel

Whole Class Activity

'Peace at Last'

**Introduce** learning objectives and learning outcomes.

**Use** children friendly alternatives:

In this lesson I will:

- **Talk** about the things that make a family special
- **Know** that all families are different
- **Explain** reasons why families are special and a blessing from Allah

**Discuss** key vocabulary and **share** definitions.

<b>special</b>	better than what is normal
<b>structure</b>	how something is arranged
<b>blessing</b>	a favour or something good from Allah
<b>feelings</b>	things that you experience inside such as, happiness, sadness, anger etc.

# Lesson Plan

Explore  
&  
Explain

## Lesson 1: Our families and how they make us feel

Independent & Whole Class Activities

My family tree

**Give** each pupil **Resource 1**.

**Ask** pupils to **draw** their family members in the **first** box.

**Explain** that this is your family structure.

**Ask** pupils to **think** about a different family structure and **draw** it in the **second** box.

**Take** feedback from children about the types of family structures they have drawn.

Lesson 1: Our families and how they make us feel  
Resource 1  
Different families  
AMS UK v1

**Ask** pupils:

- Do all families have a brother and a sister?
- Do all families have a mum and a dad?
- Are all families the same?

**Allow** pupils to lead the discussion based on their own family experiences.

**Emphasise** that not all family structures are the same.

**Introduce** different family structures which may not have been shared by pupils, e.g. step-parents, half-siblings, a child with a foster family etc.

**Ensure** that children feel that all families are equally valued.

# Lesson Plan

Elaborate  
&  
Reflect

## Lesson 1: Our families and how they make us feel

Whole Class Activity

A special family recipe

**Preparation:** **Place** a variety of small objects (e.g. buttons, beads, Skittles, M&M's, glitter) into **five** small, individual bowls and **label** them with different qualities of a special family, as below:

- Buttons bowl = love
- Beads bowl = trust
- Skittles bowl = happiness
- M&M's bowl = kindness
- Glitter bowl = fun & laughter

**Place** the bowls out of the children's sight but have a large mixing bowl and mixing spoon, ready.

**Ask** pupils: What qualities make your family special?  
(Ideas could include: love, trust, happiness, kindness, fun, laughter, sharing, playing games etc.)

**Record** ideas on the whiteboard.

**Inform** pupils that today we will be **writing** and **making** a recipe for a special family.

**Using** suggestions from pupils and the template available (**Resource 2**), **write** a recipe for a special family on the whiteboard, e.g. 2 cups of love; 4 tablespoons of trust; a bowl full of happiness; a pinch of kindness with a sprinkle of fun & laughter.

**Make** the recipe by asking one volunteer at a time to come to the front of the class to **measure** and **place** the ingredients in the large mixing bowl. **Ask** a final volunteer to come up and give all the ingredients a **mix** to make a very special family!

Lesson 1: Our families and how they make us feel  
Resource 2

A Special Family Recipe

**Ingredients:**

- 2 cups of \_\_\_\_\_
- 4 tablespoons of \_\_\_\_\_
- 1 bowl full of \_\_\_\_\_
- 1 pinch of \_\_\_\_\_
- A sprinkle of \_\_\_\_\_

AMS UK v1

# Lesson Plan

Evaluate  
&  
Review

## Lesson 1: Our families and how they make us feel

Whole Class & Paired Activities

Families are a blessing

**Ask** pupils to sit in a circle and **remind** them that today we have been learning about different types of families, why families are special and how they make us feel.

**Say** that families are also a big blessing from Allah.

**Ask** pupils: How is your family a blessing from Allah?

**Give** them **one** minute to **think** about and **reflect** on possible reasons.

**Throw** a soft ball/bean bag to pupils at random and ask them to **share** their reasons.

Possible reasons could include: My family is a blessing from Allah because they:

- take care of me when I'm sick
- play with me when I'm bored
- cheer me up when I'm sad
- are always there when I need them
- give me food when I'm hungry

**Review** learning by referring to learning objectives and learning outcomes.

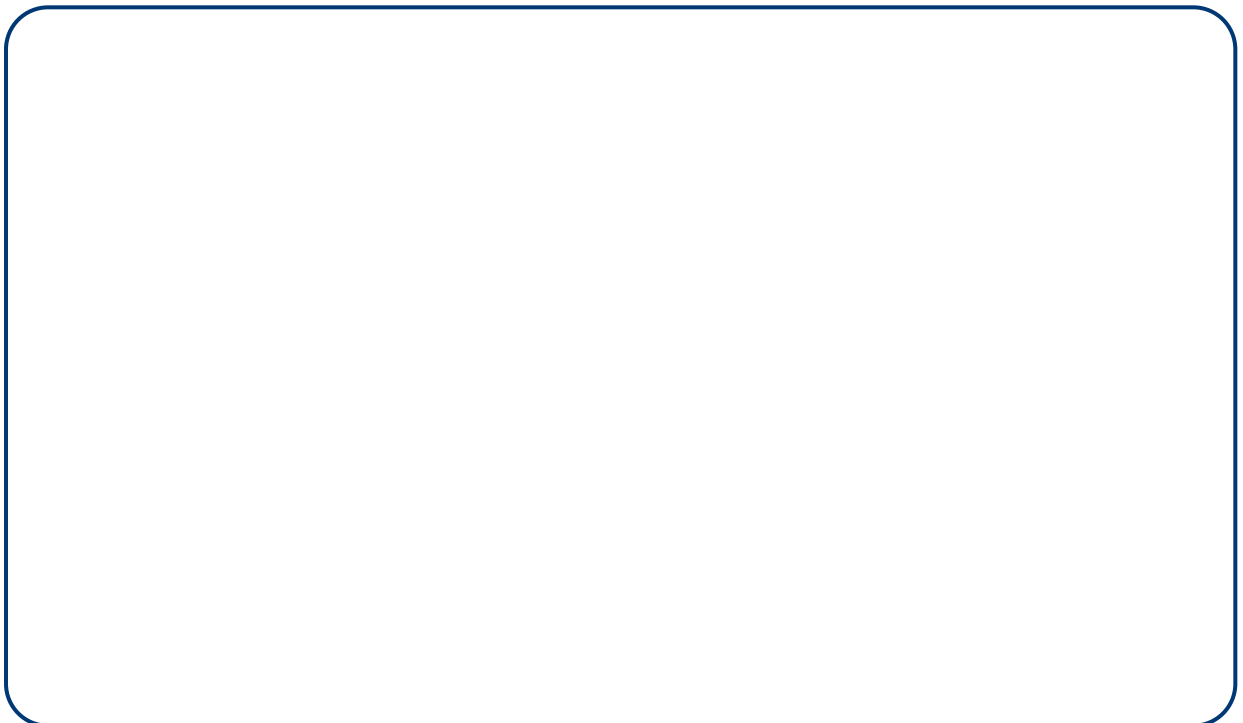
**Pose** questions to check understanding and clarify misconceptions using **think, pair, share**:

- Are all families the same? How are they different?
- What are some of the qualities of a special family?
- Tell me **three** ways your family is a blessing from Allah?



Resource 1

Different families



A Special Family Recipe

## Ingredients:

- 2 cups of \_\_\_\_\_
- 4 tablespoons of \_\_\_\_\_
- 1 bowl full of \_\_\_\_\_
- 1 pinch of \_\_\_\_\_
- A sprinkle of \_\_\_\_\_