

RELATIONSHIPS EDUCATION

MODULE A Families

O4(i) - Characteristics of a healthy family,
including spending time together

Year 4
Autumn Term: Lesson 1



Lesson Overview

Lesson 1: Characteristics of a healthy family, including spending time together

**Engage
&
Activate**

Group & Whole Class Activities

Why are families special?



15 minutes

**Explore
&
Explain**

Whole Class & Group Activities

Healthy families



20 minutes

**Elaborate
&
Reflect**

Whole Class, Paired &
Independent Activities

Difficult situations



15 minutes

**Evaluate
&
Review**

Whole Class & Paired Activities

Be the best to your family



10 minutes

Lesson Plan

Lesson 1: Characteristics of a healthy family, including spending time together

Aim

To explore the characteristics of a healthy family

Lesson Objectives

In this lesson pupils will:

Consider why families are important and special

Identify the characteristics of a healthy family, including giving commitment and time

Explore how our families and those close to us help us when we are in difficult situations

Learning Outcomes

By the end of this lesson pupils will have:

Defined a healthy family

Identified characteristics that make families important and special to them

Recognised the importance of conduct towards families, from an Islamic perspective

Key Vocabulary

characteristic

committed

loyal

affection

Resources



Resource sheets



Pens / Pencils



Post – it notes



A3



Video

Lesson Plan

Engage
&
Activate

Lesson 1: Characteristics of a healthy family, including spending time together

Group & Whole Class Activities

Why are families special?

Preparation: Photocopy Resource 1: Diamond nine on A3 paper.

Ask pupils to **discuss** in groups:

- Why families are important and special?
- What do our families give us?

Encourage them to **think** about things which are not merely material/physical (e.g. money, clothes, toys, gadgets) i.e. emotional support (e.g. love, care, help etc.)

Give each group **nine** post-it notes.

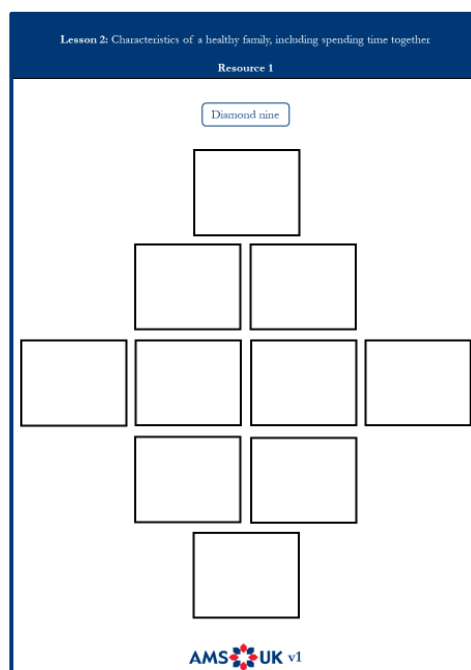
Instruct them to **write** down a different thing our families provide for us on each post-it note.

Give each group **Resource 1**

Ask pupils to **create** a 'Diamond nine' by **placing** what they think the most important thing is at the **top** and the least important at the **bottom**, with the others in between.

Remind pupils to **discuss** and **agree** as a group before placing post-it notes on the diamond.

Upon completion, **take** feedback by asking group members to **explain** their choices.



Lesson Plan

Engage
&
Activate

**Lesson 1: Characteristics of a healthy family,
including spending time together**

Group & Whole Class Activities

Why are families special?

Introduce learning objectives and learning outcomes.

Discuss key vocabulary and **share** definitions.

characteristic	feature or quality belonging typically to a person, place, or thing
committed	to be dedicated to something or someone
loyal	giving or showing constant support to a person
affection	a feeling of liking someone

Lesson Plan

Explore
&
Explain

Lesson 1: Characteristics of a healthy family, including spending time together

Whole Class & Group Activities

Healthy families

Ask pupils: What does a 'healthy' family mean to you? (Some pupils may think that this refers to families who eat healthy foods and exercise, **steer** the discussion towards the qualities of a happy family, e.g. they look after each other etc.)

Give pupils **1 minute** to **think** of as many characteristics as they can of a healthy family.

Record pupil responses on the whiteboard.

Explain to pupils that we will be exploring **six** broad characteristics, in particular, by playing a game of charades.

Place pupils into **six** groups and **give** each group a healthy family characteristic card (**Resource 2**) and **5 minutes** to **discuss** possible ways the characteristic could be acted out.

Instruct each group to **act** out the quality on their given card, without using any speech. Other groups try to **work out** the characteristic acted out.

(Note: props can be provided to support role-plays.)

Lesson 2: Characteristics of a healthy family, including spending time together

Resource 2

Healthy family characteristics

Love They help and care for each other, and show each other love and affection	Committed They are loyal to each other by keeping promises and trusting each other
Talk They can talk about their feelings with each other; if someone is happy, sad or angry about something, they feel comfortable to open up to their family about it	Problem-solvers They solve problems together and they look for something good from bad situations
Beliefs They share their beliefs with each other and support each other in their beliefs by doing acts of worship together (e.g. praying together, reciting Qur'an together)	Time They spend quality time with each other, which includes having fun together by doing family activities and eating meals together

AMS UK v1

Upon completion **ask** pupils to **reflect** upon these questions:

- Which of the characteristics described does your family demonstrate really well?
- What could you do to help develop any/all of the characteristics described?

Lesson Plan

Elaborate
&
Reflect

Lesson 1: Characteristics of a healthy family, including spending time together

Whole Class, Paired & Independent Activities

Difficult situations

Ask pupils: Other than Allah, who do you turn to/ask for help when you are faced with a difficult situation?

Explain that most people turn to their families or others that are close to them when they need help.

Ask pupils: What types of difficult situations can you think of, that you have faced, that you've had to ask your family for help with?

Record pupil responses on the whiteboard.

Responses could include:

- When I felt sick or ill
- When I needed help with my homework
- When I argued/disagreed with my sibling
- When someone made me feel unhappy or hurt me

Ask pupils to **discuss** in pairs: When these difficult situations happen (the ones listed on the whiteboard), how does your family help you?

Ask pupils to **complete Resource 3** independently, by **choosing three** difficult situations they have encountered or may encounter and **record** how their family members have helped them or may help them.

Discuss pupil responses.

Lesson 2: Characteristics of a healthy family, including spending time together

Resource 3

How my family can help me in difficult situations

Difficult situation	How my family can help me in this situation
Example: I get scared at night when I'm sleeping alone in the dark.	When I call my mum, she comes to my room and comforts me, she sits with me until I fall asleep again.
1.	
2.	
3.	

AMS UK v1

Lesson Plan

Evaluate
&
Review

Lesson 1: Characteristics of a healthy family, including spending time together

Whole Class & Paired Activities

Be the best to your family

Read the hadith:

The Messenger of Allah ﷺ said:

‘The best of you are the best to their families, and I am the best to my family.’

Tirmidhi

Ask pupils: What do we learn from this hadith?

- It is from the sunnah to treat your family well
- If you want to be from the best of people, treat your family in the best manner and try to fulfill the characteristics of a healthy family in your own homes

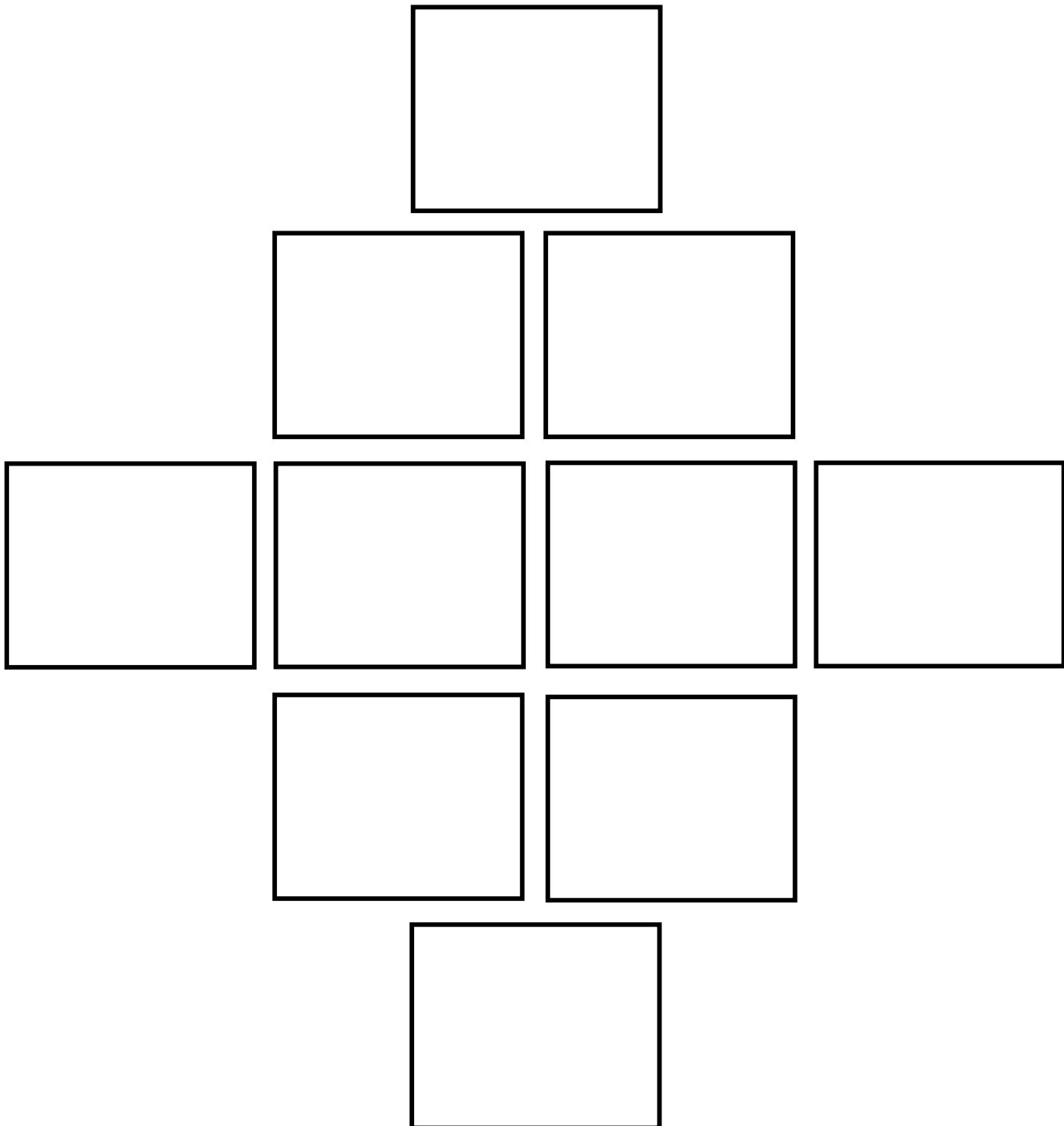
Review learning by referring to learning objectives and learning outcomes.

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

- What are the characteristics of a healthy family?
- What does it mean to be committed to each other?
- How can your family help you in difficult situations?
- Why are families important and special?

Resource 1

Diamond nine



Resource 2

Healthy family characteristics

<p>Love</p> <p>They help and care for each other, and show each other love and affection</p>	<p>Committed</p> <p>They are loyal to each other by keeping promises and trusting each other</p>
<p>Talk</p> <p>They can talk about their feelings with each other; if someone is happy, sad or angry about something, they feel comfortable to open up to their family about it</p>	<p>Problem-solvers</p> <p>They solve problems together and they look for something good from bad situations</p>
<p>Beliefs</p> <p>They share their beliefs with each other and support each other in their beliefs by doing acts of worship together (e.g. praying together, reciting Qur'an together)</p>	<p>Time</p> <p>They spend quality time with each other, which includes having fun together by doing family activities and eating meals together</p>

Resource 3

How my family can help me in difficult situations

Difficult situation	How my family can help me in this situation
Example: I get scared at night when I'm sleeping alone in the dark.	When I call my mum, she comes to my room and comforts me, she sits with me until I fall asleep again.
1.	
2.	
3.	