

Home Learning Lesson

Teacher note: This activity is designed for students who are learning at home independently. The activity is planned to last 45-an hour. This page is also available as a separate PDF in the download.



Things to remember

Families come in all shapes and sizes and are a very important part of our lives. Having good relationships with family members is also important, even though it can be tricky sometimes.

We should feel safe and secure in our family relationships and know that there are people we can turn to for support and care. Families don't get on all the time, but should always care for each other and try hard to understand each other. This can get trickier as you get older and want to be more independent.

Within families there are lots of roles and responsibilities, including your own role which might include being a sibling (i.e. brother or sister to others in your family). You might have other responsibilities e.g. keeping your room tidy, walking the dog, getting some groceries etc.

It is important to know where to get help and advice if you ever feel unsafe within your family and there will be people in school responsible for your safety who can support you.

The Childline website also has advice and people you can talk to.

<https://www.childline.org.uk/info-advice/home-families/>

Task : Family Recipe

Create a recipe card showing up to 8 things that are important to create a safe and happy family.

Think about the amount for each ingredient: you may need more of the most important ingredients.

Use words like:

- a pinch of...
- a sprinkle of...
- a bowl of...
- a spoonful of...

Recipe

