

Healthy Alternatives for Little Ones In-Class Activities

Lesson 3: Families

This week we are learning about **the importance of family**. Here are some activities you can do with your class to reinforce this week's HALO lesson!

Family Diversity Graph

This activity allows children to identify relatives and understand that all families are unique.

Materials: Paper (one large sheet of paper and cut out squares), crayons, tape.

Directions: On a large sheet of paper, draw a bar graph to explore variations within families. Categories on the graph might include: *I live with an older/younger sibling or cousin; I'm the only child*. Have each child draw a self-portrait on a paper square. Then, tape portraits next to the matching category on the graph. Discuss the results: *Do more kids have older or younger siblings? How many are only children? What's the best thing about being an only child?* Emphasize that all families are unique and that each child has a special place in their family.

Family Pennant

This activity allows children to identify their relatives and understand that families come in all different sizes.

Materials: Colored construction paper for cut-out pennants and circles, crayons, scissors, glue, any other decorative items available.

Directions: Cut construction paper into triangles for pennants and circles to represent family members. Distribute pennants and circles to each child. Have each child glue circles to their pennant to represent their family members and decorate the pennants as they wish. Display pennants on wall and emphasize that all families are special and unique.

Family Role Play

This circle time activity will help children understand the different roles of each member of the family.

Materials: You will need a large space for this activity and something to use as a "magic wand".

Directions: Have children sit in a circle. Touch a child with a wand to transform them into a baby, child, parent, grandparent, etc. The child must act out the role you gave them. Emphasize that each member of the family has a different job such as working, cooking, cleaning, helping with chores, and having fun.



