



## Family Activity

# Who Are We?

## What is Social and Emotional Learning?

Learning is not limited to science, math, reading, and writing. Social and emotional learning—which helps children understand their emotions, manage their behavior, and learn how to interact with others—is crucial too! There are five focus areas in social and emotional learning: Self-Awareness, Self-Management, Responsible Decision-Making, Social Awareness, and Relationship Skills. Each area focuses on skills that can help children do well in school, form healthy relationships, and develop into successful adults.

## How Does this Activity Relate to Social and Emotional Learning?

Children need constant opportunities to strengthen their social and emotional skills before, during, and after school. That's why this activity is specially designed to help you bring social and emotional learning into your home in a fun way that will benefit everyone who lives there! As you work together on the activity, each family member will strengthen these three social and emotional skills:

- **Self-Awareness** focuses on our ability to understand our emotions and thoughts, as well as how they affect our behavior. Another way to look at Self-Awareness is: *I love and accept who I am on the inside, and I know my emotions are nothing to hide.*
- **Social Awareness** focuses on our ability to empathize with others. Another way to look at Social Awareness is: *I understand others are unique. I want to learn more about everyone I meet. I want to step into their shoes and see what they are going through.*
- **Relationship Skills** focus on our ability to relate well to others. Another way to look at Relationship Skills is: *I am a friend. I support and trust. Working together is a must. Kind and caring I will be. I listen to you. You listen to me.*

## Family Activity Guide

In this activity, your family will brainstorm what makes each person—as well as your whole family—unique. You will then create and share a poem that showcases your family identity!

### Play & Explore

1. **Who Am I?** First, play a game that highlights each family member's identity.
  - a. Gather your family together and sit somewhere you can face each other, such as your kitchen table.
  - b. Give each person a small sheet of paper and a writing/drawing utensil.



- c. On their paper, ask each family member to secretly describe themselves in three words (or pictures) or less. Encourage them to think especially about what makes them unique and unlike the other people in your family.
  - d. When everyone is done, place the papers face down and mix them up. Then select one at a time, trying not to display the handwriting. As you read each one or describe the pictures that you see, challenge your family members to guess *who* each one is describing before the person reveals themselves!
  - e. Continue to play for a few more rounds. Other topics to try include:
    - If I could be a superhero, I would be \_\_\_\_\_.
    - If I could give myself a nickname, it would be \_\_\_\_\_.
    - I am really good at \_\_\_\_\_.
    - I am most scared of \_\_\_\_\_.
2. **Who Are We?** While each person in your family is an individual, you also make up a larger team. You are a family with your own unique identity! Follow the steps below to explore what makes your family special.
  - a. Cut up the Family Cards on the following page and place them face down in front of you.
  - b. Ask a family member to select one randomly, turn it over, and read it aloud.
  - c. Then work as a team to complete the prompt! As you brainstorm ways to finish the phrase, record your ideas on the card.
  - d. Continue until all cards are complete.

## Create

1. You can now use your completed Family Cards to create a Family Bio Poem, which is a poem that celebrates your family's identity.
2. Take a look at the Family Bio Poem Template included on Page 4. The poem will begin with your first names, end with your last name(s), and include all of the "who" statements that you just brainstormed in the middle.
3. Before filling out the template, work with your family to arrange your "We are a family who..." cards in an order of your choice.
4. Then collaborate to complete the Family Bio Poem Template. Fill in each "who" sentence stem to match the order you chose in the step above, and then finish each one with one or more of the ideas from your Family Cards.
5. Once each line in the template is filled in, read your poem together as a family. Are there any words you would like to add, take out, or change?



## Share

Now decide how you'd like to publish a final copy of your poem so it can be shared with others. Ideas include:

- Writing it with colorful chalk on your driveway
- Using fabric paint or a marker to put it on a piece of fabric that you display as a flag or tapestry
- Placing it amidst a collage of family photos
- Transforming it into artwork that you can hang on your refrigerator
- Placing a final copy in a frame to hang in your home

No matter what you decide, collaborate to create a final version that you can proudly display!



## Family Cards

<p><b>We are a family who is...</b> (What words describe your family?)</p>	<p><b>We are a family who loves...</b> (What are places, activities, or things that your family loves?)</p>	<p><b>We are a family who is good at...</b> (What are your family's strengths?)</p>
<p><b>We are a family who dreams of...</b> (If your family could do ANYTHING in the future, what would you do?)</p>	<p><b>We are a family who is proud of...</b> What is your family most proud of doing?)</p>	<p><b>We are a family who is from...</b> (Where do you live now, where did you move from, and/or where are your ancestors from?)</p>
<p><b>We are a family who hopes...</b> (If your family could make a change in the world, what would you do?)</p>	<p><b>**Complete this card last**</b></p> <p><b>We are a family who</b></p> <hr/> <p>(Come up with your own prompt!)</p>	



## Family Bio Poem Template

[First Names]: \_\_\_\_\_

\_\_\_\_\_

### We are a family...

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

Who \_\_\_\_\_

\_\_\_\_\_

[Last name(s)]: \_\_\_\_\_