**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | |
| **Cluster** | Human Services |
| **Course** | Interpersonal Studies |
| **Lesson/Unit Title** | Building Healthy Family Relationships |
| **TEKS Student Expectations** | **130.275. (c) Knowledge and Skills**  (5) The student analyzes the family’s role in relationship development. The student is expected to:  (B) Investigate the family’s role in fostering the abilities of its members to develop healthy relationships |
| **Basic Direct Teach Lesson** | |
| **Instructional Objectives** | **Students will:**   * Identify the family’s role in fostering healthy relationships * Recognize how the family relationship affects other relationships |
| **Rationale** | A relationship is normally viewed as a connection between two individuals, such as a romantic or intimate relationship or a parent-child relationship. The first place an individual learns about building relationships is in his or her family. Regardless of whether a person lives with his or her mother, father, grandparents, brothers, sisters, aunts, uncles or whomever – the family should be a source of love and comfort for him or her. Family relationships help individuals develop the skills they will need in a variety of relationships throughout their lifetime. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall** | **Appreciation:** An ability to understand the worth, quality or importance of something  **Commitment:** A promise to be loyal to someone or something  **Communication:** Process by which ideas, feelings and information are shared; it involves the skills of listening, speaking, careful reading and writing  **Family:** A group of people who are related to each other  **Interaction:** A mutual or reciprocal action or influence  **Relationship:** The way in which two or more people, groups, or countries talk to, behave toward and deal with each other  **Resource:** A place or thing that provides something useful  **Spontaneous:** Done or said in a natural and often sudden way and without a lot of thought or planning |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for PowerPoint presentation * Computers with Internet access (be sure to follow district guidelines for Internet access) * Presenter remote   **Materials:**   * Books on families and relationships * Decorations to signify holidays we spend with family members * Graduation cap and gown * Memorabilia from family vacations * Pictures of different family members throughout the life cycle   **Supplies:**   * Construction paper * Crayons * Glue * Markers * Scissors * Copies of handouts   **PowerPoint:**   * Building Healthy Family Relationships   **Technology:**   * Tedx Talk:   + Ric Elias: 3 things I learned while my plane crashed Ric Elias had a front-row seat on Flight 1549, the plane that crash-landed in the Hudson River in New York in January 2009. What went through his mind as the doomed plane went down? At TED, he tells his story publicly for the first time.<https://youtu.be/8_zk2DpgLCs>   **YouTube:**   * Building Relationships for a Happy, Healthy and Balanced Life The most important ingredient for a long, happy, healthy life is a sense of balance between your work and your relationships with your family and the people you care about.<http://youtu.be/H97Gug4Q230> * Family Relationships One of the important ways to establish and maintain a great relationship is the ability to forgive and forget the little things. We are all human so there can be many little things that occur. Though, true big issues or problems happen very rarely.<http://youtu.be/9i2lLck7UgI>   **Graphic Organizers:**   * Notes: Building Healthy Family Relationships   **Handouts:**   * 3-2-1 Strategies for Building Healthy Family Relationships * Building Different Relationships * Traits of a Healthy Family Relationships * What My Family Means to Me |
| **Anticipatory Set** | **Prior to class:**  Display as many of the lesson-related materials as you have available on a table in front of the room.  Become familiar with PowerPoint, handouts, and activities.  **Before class begins:**  Begin class with the following questions and have students share their responses. On the board, write the following questions for students to answer in their daily journals or on a separate sheet of paper. Ask students to think about their families and the nature of their relationships.   * Who are the people you consider family? * Which family member are you the closest to? * What are some factors within a healthy family relationship? * What are some things that families do for each other? * What are the qualities of good communication among family members? * How can family members’ communication skills affect the self-esteem of other family members?   Allow for questions and discussion. |
| **Direct Instruction with Special Education Modifications/**  **Accommodations** | Introduce objectives, terms, and definitions.  Distribute Note Taking: Building Healthy Family Relationships handout. Students will be expected to take notes while viewing the slide presentation. Teacher will determine the notes to be recorded by students.  Introduce slide presentation Building Healthy Family Relationships and begin the discussion with students. Allow for questions and answers to check for understanding.  Distribute Traits of a Healthy Family Relationships graphic organizer. Allow students to complete the handout and begin discussion. Allow for questions and answers to check for understanding.  YouTube videos included in the PowerPoint:   * Building Relationships for a Happy, Healthy and Balanced Life The most important ingredient for a long, happy, healthy life is a sense of balance between your work and your relationships with your family and the people you care about.<http://youtu.be/H97Gug4Q230> * Family Relationships One of the important ways to establish and maintain a great relationship is the ability to forgive and forget the little things. We are all human so there can be many little things that occur. In reality though, true big issues or problems happen very rarely.<http://youtu.be/9i2lLck7UgI>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * printing out PowerPoint outline for students to follow * checking for understanding frequently |
| **Guided Practice with Special Education Modifications/**  **Accommodations** | Distribute Building Different Relationships handout. With a partner, students will complete this worksheet. Students’ answers will vary.  Allow for questions and answers to check for understanding.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * allowing students extra time to complete the assignment * providing fill-in-the-blank note handouts for students to follow during the lesson * pairing students with elbow partners who can assist them with verbal and written responses to the lesson |
| **Independent Practice/Laboratory Experience with Special Education Modifications/**  **Accommodations** | Distribute What My Family Means to Me handout. Students will be diagramming what their family means to them and their relationships within their family.  Distribute paper and drawing materials to all students. Allow 15 minutes to work on this activity.  Ask the group to identify one or two examples of the relationships in their family based on the components in the portrait.  When time is up, ask for volunteers who will share their family ‘portrait’ with the class. Have each describe the members of his or her family and explain the nature of one or two relationships. Allow as much time as possible for the volunteers to share.  Allow for questions and answers to check for understanding.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * shortened assignment * pairing up with other students * providing examples |
| **Lesson Closure** | Review lesson objectives, terms and definitions.  Distribute 3-2-1 Strategies for Building Healthy Family Relationships handout. The 3-2-1 Strategies for Building Healthy Family Relationships is an instructional strategy that allows students to summarize main ideas, evaluate class processes, answer questions posed at the beginning of the lesson and link to both the past and the future. It also allows the teacher to evaluate the progress of the students and the lesson. |
| **Summative/End of Lesson Assessment with Special Education Modifications/**  **Accommodations** | The students will write a one-page summary analyzing the importance of the family’s role in fostering healthy relationships. Students will reflect on how the lesson, activities and information will assist them in the future. The reflection and various handouts will be submitted for assessment.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * grading according to the amount of work completed * providing constant praise and encouragement |
| **References/Resources** | **Images:**   * Microsoft Clip Art: Used with permission from Microsoft.   **Textbook:**   * Johnson, L. (2010). *Strengthening family & self.* (6th ed.). Tinley Park, Illinois: The Goodheart-Willcox Company. Inc.   **Websites:**   * American Psychological Association Family and Relationships<http://www.apa.org/helpcenter/family/index.aspx> * University of Minnesota Why Personal Relationships are Important?<http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/relationships/why-personal-relationships-are-important>   **YouTube:**   * Building Relationships for a Happy, Healthy and Balanced Life The most important ingredient for a long, happy, healthy life is a sense of balance between your work and your relationships with your family and the people you care about.<http://youtu.be/H97Gug4Q230> * Family Relationships One of the important ways to establish and maintain a great relationship is the ability to forgive and forget the little things. We are all human so there can be many little things that occur. In reality though, true big issues or problems happen very rarely.<http://youtu.be/9i2lLck7UgI> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Ask students to repeat your instructions back to you to be sure they know what is expected of them before each phase of the lesson. * Discuss vocabulary in detail and make sure everyone has a firm grasp on it before moving forward with the lesson. * Use graphic organizers and visuals to explain the lesson in detail. * Utilize Four Corners Vocabulary / Word Wall Activity. * Have students say and write the vocabulary words in their primary languages. |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events: Assign students to read about family relationships. Information can be found in newspaper articles, magazines, journals and online print.  Suggestions:   * The Importance of Family<http://www.healthychildren.org/English/family-life/family-dynamics/pages/The-Importance-of-Family.aspx> * The Importance of Maintaining Healthy Family Relationships<http://www.comfortkeepers.com/information-center/news-and-highlights/TheImportanceHealthyFamilyRelationships> |
| **Quotes** | In a united family, happiness springs of itself. **-Chinese Proverb**  I’ve learned that regardless of your relationship with your parents, you’ll miss them when they’re gone from your life. **-Maya Angelou**  Often the right path is the one that may be hardest for you to follow. But the hard path is also the one that will make you grow as a human being. **-Karen Mueller Coombs**, *Bully at Ambush Corner*  Only the family, society’s smallest unit, can change and yet maintain enough continuity to rear children who will not be “strangers in a strange land,” who will be rooted firmly enough to grow and adapt. **-Salvador Minuchin**, *Families and Family Therapy* |
| **Writing Strategies** | **Journal Entries:**   * Why is it important that families build healthy relationships with their members? * What are some ways you can improve your relationships with your family members?   **Writing Strategy:**  RAFT writing strategy   * Role: Parent * Audience: Child * Format: Informal letter * Topic: Encouraging letter to help him or her manage their many roles in life |
| **Communication 90 Second Speech Topics** | * Families influence relationships by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * An example of a strong family is one that is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **Other Essential Lesson Components** | |
| **Enrichment activity** | * Develop a comic strip about relationships. Writing the script helps you know how many panels you need. The number of panels you need depends on what you want to say. Drawing a rough draft of the whole comic strip by sketching in stick figures will help you know what should go in each panel. Redraw the comic strip on the final paper, but do it very lightly so you can erase. Lightly draw in the balloons around the words so you’ll know how much space you’ll need. Once everything is lightly sketched how you want it, go back and make the marks dark so you can see them. * Divide students into groups of three or four for a “talk show”. One student will be the “host” of the show and the other two or three will be guests. They will pretend that they are on a talk show. The “host” of the show will ask one student about different types of relationships, another student about friendships and dating, and the third student about qualities of a good friend. Let them be creative and figure out how to present the information to a “television” audience.   **TED Talks:**  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  The video below is related to this lesson. Allow students to view the video, and lead a discussion concerning the TED Talk.Ric Elias: 3 things I learned while my plane crashed Ric Elias had a front-row seat on Flight 1549, the plane that crash-landed in the Hudson River in New York in January 2009. What went through his mind as the doomed plane went down? At TED, he tells his story publicly for the first time.<https://youtu.be/8_zk2DpgLCs> |
| **Family/Community Connection** | * Create a questionnaire to ask family and friends about their relationships. Present findings to the class for extra credit. * Develop a checklist of ways to promote friendship through communication. |
| **CTSO connection** | Family, Career and Community Leaders of America (FCCLA)<http://texasfccla.org>  **STAR Events:**   * Chapter Service Project (Display and Manual): A team event, recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need. * FCCLA Family First Project   The FCCLA Families First is a national peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals are to help youth become strong family members and leaders for today and tomorrow and strengthen the family as the basic unit of society. To help members focus their projects, Families First offers five units. Members may complete projects in one or several units. There is no order to them; however, “Families Today” might be a good place to start. It covers topics that provide a general overview of families and related issues.   * Families Today: Understand and celebrate families * You-Me-Us: Strengthen family relationships * Meet the Challenge: Overcome obstacles together * Balancing Family and Career: Manage multiple responsibilities * Parent Practice: Learn to nurture children |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see:<http://www.ysa.org>   * Plan a karaoke party for youth and adults. If you don’t have a karaoke machine, just sing along with favorite songs. * Share customs and rituals from your own background. Invite children to help you with a craft project or a meal that highlights one of your cultural traditions. * Hold a neighborhood family celebration on the first or last day of the school year. Invite children, parents, teachers and neighbors to join in. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)