

LESSON VI-4: Families Grow and Change

Student Learning Objective:

VI-9. Students will state that families change as they grow.

Preparation

- Gather the needed materials.
- Michigan law empowers local school districts to define sex education, and to set policies regarding its implementation. Check with your school district's sex education supervisor to determine whether the contents of this lesson and its resource materials are consistent with your district's policies.

Materials

Resources

- Book: *The New Baby OR Will There Be a Lap for Me?*
- Book: *I'll Always Love You*

Realia

- Seeds grown in zipper storage bag from Lesson VI-1 (Optional Activity)
- Soil (Optional Activity)
- Cups, one per student (Optional Activity)

Time: 10 minutes, without the Optional Activity

Lesson Procedure

Introduction: 1 minute

Connect the content of this lesson on changes in families with the previous lessons on individual growth and changes.

1. Share with the students:

Let's see how our seeds and stones are doing. How is the stone different or the same than the last time we looked at it? [It is the same. It hasn't grown or changed.] How is the seed different or the same? [It has grown, changed, and moved.]

Teacher's Note: Given the amount of time that has lapsed you may need to adjust this introduction.

The stone hasn't grown or changed because it is not living. But the seed is alive, so it has grown.

2. State:

Just as our seeds have changed by growing, people change. Because families are made up of a group of people, each one growing, families change as the people in them grow.

Today we will be learning about different kinds of changes in families.

Activity 1: 7 minutes

Discuss a family changing due to a new baby.

Teacher's Note: You have one of the following books available for use with this lesson: *The New Baby* or *Will There Be a Lap for Me?* Using the book available to you, conduct one of the two options described below.

Option 1

1. Share with the students:

I'm going to read a story about a family and how it changed. Listen carefully. When I'm done with the story, we will talk about it.

2. Read the book *The New Baby*.
3. Discuss the book using the following questions:

What change took place in this family? [A new baby joined the family.]

What were some of the changes the other family members made because of the new baby? [The parents spent lots of time with the baby—holding him, making faces at him. There seemed to be less time for the older children. People came to visit the baby and brought presents. When the baby was sleeping people said, “Be quiet.” Older children get grumpy. Sometimes the baby cries to be fed. Brothers/sisters can make faces at the baby. Brothers/sisters can teach the baby how to do things and share with baby, etc.]

Option 2

1. Share with the students:

I'm going to read a story about a family and how it changed. Listen carefully. When I'm done with the story, we will talk about it.

2. Read the book *Will There Be a Lap for Me?*
3. Discuss the book using the following questions:

What change took place in this family? [A new baby joined the family.]

What were some of the changes the other family members made because of the new baby? [Kyle couldn't fit on his mother's lap for awhile. Mother was very busy taking care of Baby Matt. Mother had to feed the baby a lot. Kyle learned how to touch Baby Matt gently. Kyle and Mother found ways to spend time together when the baby was sleeping.]

Teacher's Note: the students may have questions related to human reproduction as a result of reading about babies. Be aware of your district guidelines when answering student questions on sex education topics.

Activity 2: 1 minute

List other ways families change as family members grow.

1. Share with the students:

Families change in other ways, too. Sometimes...

- a new baby is born or adopted into the family,
- children go away to school,
- brothers and sisters graduate and go to work,
- someone gets married and new people join the family,
- parents get divorced and live in two different places,
- families move away from extended family/grandparents,
- grandparents move in,
- someone dies.

Maybe some of these changes have happened in your family. Changes are hard to get used to sometimes. Let's read another story about a family and its changes.

Activity 3: 10 minutes

Discuss other ways growing older results in change.

1. Share with the students:

As I read the story, listen for ways the family's pet, Elfie, changes.

2. Read the book *I'll Always Love You*.
3. Discuss the book using the following questions:

What was Elfie like at the beginning of the story? [She was a puppy. She was small. She grew fast. Dogs grow faster than people. She liked to play.]

What kinds of changes took place as Elfie grew older? [She got rounder. She slept more. She moved more slowly. She had trouble climbing the stairs.]

What did the boy do after Elfie died? [He was sad. He had happy memories of Elfie. He gave her basket to the puppies next door. He still loved Elfie.]

Changes aren't always easy to deal with. But family members help one another when changes occur. What did this family do together to help one another when Elfie died? [They cried together. They hugged one another.]

4. Share with the students:

Just like Elfie changed as she got older, family members change as they get older. You will get taller as you get older. Older members of your family may have gray hair and wrinkles. In many years, as you get older, you probably will, too.

Optional Activity: 15 minutes

Reinforce how living things grow and change, just as families do.

1. By now, the seeds students had put in the storage bags will probably be ready to plant. Share with the students:

Families change, and living things grow and change. Look at how our seeds have changed. Now they need to live in a different place. Let's plant them in soil.

Plant the seeds in soil in a cup, save them for the next lesson, and then send them home.

Closure: 1 minute

- Summarize by stating:

All families change from time to time. Some changes cause our families to get bigger, while others cause our families to get smaller. Either way, family members still love each other and care about one another... and that doesn't change.

- State:

Our next health lesson will teach us about different skills and abilities.