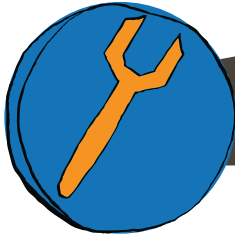


# My FAMILY IS SPECIAL



## TOOL 3F FAMILY PORTRAITS

### LINKED TO:

- Sections 3.2, 3.3, & 3.4



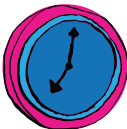
### WHY?

- To start discussions about family and family strengths
- To learn more about children's support networks<sup>3</sup>
- Good for
  - Highlighting family strengths
  - Giving kids the opportunity to talk about family separation in a safe and comfortable way
  - Getting families talking



### WHO WITH?

- Individuals, groups of children and whole families
- Children from 5 years of age



### TIME?

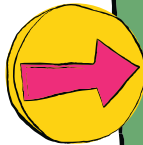
- You'll need enough time to set up the activity, to paint or draw and then to pack up - try not to rush. Remember - you can always paint or draw first and then come back and talk later



### YOU'LL NEED?

- A3 sheets of paper (photocopy the template if you'd like)
- Paint, paint brushes and paint pots,
- painting shirts, plastic sheets (and water!)
- OR pencils, textas and crayons

# MY FAMILY IS SPECIAL



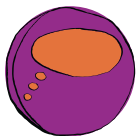
## WHAT TO DO:?

- Have children draw / paint a picture of their family members in the template provided.
- As they begin, prompt them by asking questions like “do you have any pets? are they part of your family?”, “are their other family members that you don’t live with or see often?”
- when complete, laminate the pictures or put them in a photo frame so that the child is able to hang it in their room or in another place where everyone can see



## SOMETHING DIFFERENT?

- for children who prefer to build / sculpt things, try using craft clay to create models of each family members. Clay will often harden in the sun or can be baked and then painted



## TO THINK ABOUT:

- older children might like to incorporate symbols into their portraits: ask them to include images that represent the things that they most respect / admire in their family members (a smile for a good sense of humour, a musical note for their ability to play, a hand for the support they provide)



## HAZARD ZONES:

- Children often feel strongly about their families so an activity like this can bring up strong feelings like loss and grief if they no longer live with a family member or no longer have contact with them. Be ready for this - get them to write their sibling a letter, develop a treasure box in which they can keep things that remind them of their parent, talk about the good things that they shared.
- Conversely, some children may feel upset when talking about estranged family members where there has been family conflict or breakdown. Allowing children to vent their feelings is important - find them someone to talk to about their ongoing feelings where possible.

# Family portraits

