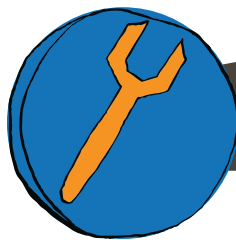


My FAMILY IS SPECIAL



TOOL 3G FAMILY COAT OF ARMS

LINKED TO:

- Sections 3.2, 3.4 & 3.4



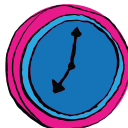
WHY?

- To help families understand each other's needs and experience of being in their family
- To help families think through how to meet the needs of different family members, particularly children
- To draw out common positive experiences and identify simple things that can be done to enhance everyone's happiness and wellbeing



WHO WITH?

- Individuals, family groups
- All ages (under 5's won't be able to complete this activity, but parents can still help them participate and answer some of the questions)



TIME?

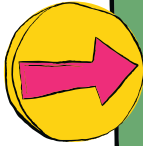
- 30-45 minutes



YOU'LL NEED?

- Enough copies of the questions for each person, pens and paper
- Cardboard, textas, crayons, copies of the crest symbol for everyone

MY FAMILY IS SPECIAL



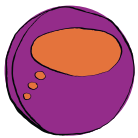
WHAT TO DO:

- Explain that we are going to look at six questions that will help each family member figure out what is important to them in their family and what they need in their family. Ask if they would prefer to each have a piece of paper and spend a few minutes writing down their answers or if they prefer to have a couple of minutes to think about each question, discuss it together and then move on to the next question.
- Fill in the parts of the coat of arms answering the proposed questions. Use the template attached or draw your own crest on paper or cardboard. *'In times of knights, kings and princesses, people created special signs called family crests to represent their families and what they stood for. In each square of the family crest provided draw a symbol of something representing your family. Examples might be a football if your family loves sport, food if your family likes cooking, a favourite animal you all love or a favourite place.'*
- Finish by coming up with a family motto that sums up the family's strengths.



SOMETHING DIFFERENT?

- This can be done separately (at different times), then bring everyone together to share their answers.
- To turn this into a fun game, cut up each person's answers, put them in a box and mix them around. Just like a lucky dip, each person could pull another family member's answer out and read it aloud. Everyone has to guess whose answer it is.
- Allow families to choose whether they just talk about their answers, or write them down. Perhaps one person in the family wants to be the scribe, or perhaps they nominate the worker to record their answers.



TO THINK ABOUT:

- The coat of arms can be as serious or fun as families want to make it. Anything that gets people talking about what they have in common and what they enjoy about their family is a good thing!



HAZARD ZONES:

- This activity could be too hard for young children to do on their own, so help them to participate by using pictures, cards or stickers. Reword the questions to make them easier for young children to understand, eg 'what is the best thing your family has ever done?', 'what are the things you like doing the most with your family?'
- If some family members are feeling unsafe or don't have their basic needs met they will not be able to focus on this activity. Address those needs first, then come back to the activity.

Family coat of arms

What three words could be a family motto that we could all believe in?

What one thing could other family members do to make you happy?

What is something that our family improved over the past year?

What three family rituals mean a lot to you?

What do you consider to be your families greatest achievement?

What three family activities do you enjoy doing?

A large shield-shaped graphic with a thick orange border. At the top, a white banner with a black outline contains the text 'What three words could be a family motto that we could all believe in?'. The shield is divided into five sections by black lines that meet at a central green button with a yellow center. The sections contain the following questions: top-left 'What one thing could other family members do to make you happy?', top-right 'What is something that our family improved over the past year?', left side (vertical) 'What do you consider to be your families greatest achievement?', right side (vertical) 'What three family rituals mean a lot to you?', and bottom 'What three family activities do you enjoy doing?'.