MY FAMILY ALBUM

Healthy Relationship Activity Book for Children
My Family Album is designed as an interactive educational tool for children ages 7 through 10 to work through together with either their parents or educators. The book can be used in group settings or one-on-one with children to generate conversations about healthy family relationships, interpersonal skills, and appropriate interactions within the family, school, and community.

Educators- this book may align with some of the work you are doing to enhance or support healthy relationships for adults. It may be a helpful addition to your children’s programming or provided to parents for use with their children. Either way, we suggest you encourage parents to open dialogue with their children about these topics.

Parents- we are hoping you will use this book as a fun parent-child activity to open the lines of communication with your children about how they view themselves and their family. Positive parent-child communication is one of the best ways to help build a strong foundation for a healthy family.

Words like integrity and citizenship may be new to some children and may require additional discussion. The intent of introducing these words and concepts is to encourage identity and self-awareness as well as an understanding of how each individual fits in the larger context of family and community.


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ME

I am special! There is no one in the world that is just like me! No one else looks, acts, and thinks just like me! Even my family members are not exactly like me!

⭐ (Write a description or draw a picture of yourself.)

My favorite color is_____________________________________________

My favorite food is______________________________________________

My best friend’s name is________________________________________

I like to play___________________________________________________

My favorite song is______________________________________________
Family

Not all families are the same. Some families have two parents, other families have only one. Some families live together in the same house, other families live separately. Families can include lots of special people.

How would you describe your family?

🌟 (Write or draw your answer in the space below.)

I love my family because
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
Family Fun

Having family members around can be fun! Many families do activities together like reading books, playing games, or going to the park.

Think about the activities that you do with your family. What is your favorite activity? Which family members participate?

⭐️ (Write or draw your answer in the space below.)
Integrity

If a person’s integrity can be determined by the way they act toward other people, how do you think other people in your family would describe your integrity?

(Circle all of the words that apply.)

<table>
<thead>
<tr>
<th>GOOD</th>
<th>UNFAIR</th>
<th>TRUSTWORTHY</th>
<th>STINGY</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAZY</td>
<td>MEAN</td>
<td>HURTFUL</td>
<td>DISHONEST</td>
</tr>
<tr>
<td>FAIR</td>
<td>BAD</td>
<td>POLITE</td>
<td>FORGIVING</td>
</tr>
<tr>
<td>FRIENDLY</td>
<td>UNFRIENDLY</td>
<td>GENEROUS</td>
<td>RUDE</td>
</tr>
<tr>
<td>KIND</td>
<td>HELPFUL</td>
<td>SPITEFUL</td>
<td>LOVING</td>
</tr>
</tbody>
</table>

Do you agree that those words describe you? Or would you like to change some of them?

For each word listed, its opposite is also listed. Draw a line from each word in the first column to its opposite in the second column. Now, draw two circles around the words you would like your family members to use to describe your integrity.

To change the way people think about us, we must change the way we treat them.

List one thing you can do differently that might change the way your family members think of you.

List one thing that you wish a family member would do differently that would change the way that you think of him or her.

“You can easily judge the character of a man by how he treats those who can do nothing for him.”

— Johann Wolfgang von Goethe, German poet, novelist, playwright, scientist and philosopher (1749-1832)
Respect

We show respect for other people by treating them the way we want to be treated. Below are some examples of how we show respect to our family:

- Doing what our parents ask us to do.
- Asking to play with someone else’s toy, instead of just taking it.
- Saying “excuse me” before interrupting someone’s conversation.
- Being polite, saying “please” and “thank you.”
- Speaking with inside voices and not yelling.

🌟 Can you think of other ways you can show respect?
(Write or draw your ideas in the space provided.)
Trustworthiness

Trust is very important in relationships. When we trust people, we believe that they will do what they have said they will do. If we want people to trust us, we must do what we say we are going to do. Some examples of trustworthy behavior include:

- Keeping a promise.
- Doing our chores.
- Finishing all of our homework.
- Telling the truth.
- Apologizing when we make a mistake.

Can you think of some examples of behavior that would make us not want to trust someone?

🌟 (Write or draw your ideas below.)
Responsibility

Being responsible means that you know what you are supposed to do and you know what will happen if you don’t do it. Everyone is responsible for something.

Look at the people on the left and draw a line to the responsibility on the right that best describes what they are supposed to do.

<table>
<thead>
<tr>
<th>Person</th>
<th>Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>Helping students learn</td>
</tr>
<tr>
<td>Students</td>
<td>Taking care of their children</td>
</tr>
<tr>
<td>Children</td>
<td>Protecting people</td>
</tr>
<tr>
<td>Pet Owners</td>
<td>Doing their homework</td>
</tr>
<tr>
<td>Teachers</td>
<td>Cleaning their room</td>
</tr>
<tr>
<td>Police Officers</td>
<td>Feeding and bathing their animals</td>
</tr>
</tbody>
</table>

What might happen if some of those people don’t do what they are supposed to do?

Parents ______________________________________

Students _____________________________________

Pet Owners ___________________________________

List some things that you are responsible for:

________________________________________________________________________

________________________________________________________________________

What would happen if you did not do what you are supposed to?

________________________________________________________________________
Being responsible also means taking responsibility for your health. Making healthy food choices and getting exercise will help you grow up strong and healthy. Which of the following are healthy food choices? Draw a circle around the healthy choices.

Exercise can be fun! What kind of exercise do you like to do?
Caring

We show that we care when we do nice things for other people. It doesn’t have to be anything really big, just sincere. Some examples might be:

- Bringing your parent a glass of cold water when they are cutting the grass.
- Saying a kind word to a friend who got hurt on the playground.
- Spending time with a family member who is sad.
- Offering to help with the dishes when your parent is tired from work.

🌟Write or draw an example of a time when you showed someone that you care.
Fairness

Have you ever played a game and had someone say, “That’s not fair!”? When people don’t play fairly, other people stop wanting to play with them. Being fair helps to build trust and makes us better friends. Fairness matters every day, not just when we play a game.

🌟 Read the following and decide what you think is fair.

Sally and her friends decided to go to a movie. Sally wants to pick the movie since it was her idea to go. Her friend, Mary, thinks they should take a vote.

How should they decide? ________________________________

John and Avery both want to watch a television show. The problem is they only have one TV and both shows come on at the same time on different channels.

What should they do? ________________________________

Cassandra wanted to go to her friend’s house after school, but had already promised her Mom she would wash the laundry since her mom had to work late. Cassandra decided she could go to her friend’s house and still get home in time to do the laundry before her Mom arrived home. Cassandra stayed too long at her friend’s house and did not finish the laundry in time.

Was Cassandra being fair to her mom? ________________________________

If you were her mom, what would you do? ________________________________

______________________________
Citizenship

We are all citizens or members of our family, our school, and our community. As members, we have a responsibility to take care of our home, our school, and our community. That means helping the people as well as taking care of the places.

Put a 😊 by the things good citizens do and a 😞 by the things we should not do.

__________ Throw trash on the ground.
__________ Clean our room.
__________ Write on walls.
__________ Put up our toys when we have finished playing.
__________ Wash our hands so we don’t spread germs.
__________ Waste water.
__________ Write on desks.
__________ Leave our clothes on the floor.
__________ Offer to help others.

What is one thing you might do to show your family that you are a good citizen at home?

________________________________________________________________________

What is one thing you might do to show your teachers that you are a good citizen at school?

________________________________________________________________________
People live in different kinds of homes. Apartments, houses, and mobile homes are all examples of places people call home. A home can be any place that you live where you feel safe and are surrounded by people who love you.

What does your home look like?

🌟 (Write or draw your answer below.)

I love my home because

__________________________________________________________________________________________
Families face many challenges today. Most families struggle from time-to-time with issues like:

- Job and family stress
- Employment insecurity
- Financial concerns
- Finding quality child care
- Child behavior problems
- Blended family conflicts

Parents often come from different backgrounds, have different parenting and communication styles, and may even have different visions of what a successful family should look like. Add all of that together and it is no surprise that many marriages don't make it.

The experts agree that a two-parent married couple living in a loving, safe, and stable home environment reduces the likelihood of child poverty and provides the best opportunity for positive youth development. With a higher-than-average divorce rate and cohabitation on the rise, fewer children are growing up in the traditional two-parent married household.

As a result, in addition to the normal day-to-day issues, single parents may also be challenged by child support issues, different-rules-at-different-houses behavior issues, and maintaining a positive relationship with the child’s other parent even when they don’t like the new person in that parent’s life.

Additionally, research has shown that soft-skills, the interpersonal skills that help us communicate and get along with others, are predictive of long-term positive outcomes for children. It’s hard for children to learn these skills when they are not modeled at home.

The National Resource Center for Healthy Marriage and Families promotes the integration of healthy marriage and relationship education skills into existing social service delivery systems as part of a holistic approach to strengthening families. Offering healthy relationship educational materials to families in a non-punitive environment allows parents to learn skills and model them for their children; increasing positive outcomes for the entire family.

For more information on free research-based resources and tools available to assist you and the families you serve, please visit our website.

www.HealthyMarriageandFamilies.org

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