

I Have a Family



Poem: My Family

Who makes me happy and safe every day?
Who cares for me always and shows me the way?
Who tucks me into my bed every night?
And dries all my tears and cuddles me tight?
My family.

Who cares for me always and loves me so much?
Who hugs me and soothes me with their gentle touch?
Who can I turn to whenever I'm sad?
Who shows me the meaning of what's good and bad?
My family.

FLOURISH

An RSE programme for Catholic Primary Schools on the island of Ireland (NI Version)



When you have read the poem ask the following questions:

- What is the poem about?
- Can you remember any of the things the person who wrote the poem said about their family? Does your family do any of those things for you? Which ones?
- How does your family make you safe?

Then ask some deeper questions such as:

- Can you tell me how many people are in a family? Is it always the same number? Are families all the same?
- How do you show love for the people in your family?
- How do people in your family show love for you?
- What kind of things do families do together? What is your favourite thing to do with your family?
- When people argue in a family, how do they make up? How do you make up in your family?
- Who decides when it is time for bed or time to get up in your family? Is it important to do what your parents/guardians say? Why or why not?

Game

Invite the children to sit in a circle and very gently give a baby doll to one child. Ask the children to very gently pass the baby to each other and when they are holding it to say one way we can show love for our family, e.g. I show love for my family by being kind, by playing nicely or by sharing my toys, etc.

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Reflection

Invite the children to close their eyes and sit quietly with their feet on the floor. Then read the following:

Think of the people who were in Jesus' family. There was Jesus, his mother Mary and Joseph. They lived in Nazareth. Joseph was a carpenter and Jesus used to help him sometimes when he was young. His mother Mary cared for him and taught him about God.

Families are all about love. Jesus' family loved each other just like your family do. God wants us to respect our parents and guardians. He wants us to do as our parents/guardians ask and to be nice to them. Joseph and his mother Mary cared for him, protected him and taught him about God. Thank you, God, for our parents and guardians. Thank you for our grandparents. Thank you for our brothers and sisters, aunts and uncles. Help us all to love each other every day. Amen.