

# FAMILY, A BEAUTIFUL THING

You have the right to marry and start a family. Nobody should force you to marry. The family is the fundamental unit of society, and government should protect it.

*The Universal Declaration of Human Rights, Article 16*

## ★ Learning Points

1. The family is the fundamental unit of society.
2. Children have a right to live with a family.
3. Family units usually make us stronger no matter what their make-up.

*Teacher preparation: Display the mini-posters and class rules where children can see them.*

### WELCOME (5 minutes)

#### Song, "Be Our Best" chant

### REVIEW (5 minutes)

*Remember to use the Talking Stick.*

- Does someone remember what the basic and fundamental unit of society is?
- Who would like to share what you did to let your family know how important they are?

### INTRODUCTION (10 minutes)

*Explain that today we're going to talk about how we can all work together in a family to solve problems.*

- Let's play a game to see what it's like when we try to figure things out.

#### Activity: The Human Knot

After the game when everyone is "unknotted," have the children return to their seats.

#### Questions

- Did you ever want to quit or think you might not be able to undo the knot?
- What worked best in undoing the knot?
- How is this game like being in a family?

#### Show the Family mini-poster.

It's a beautiful thing when families work together.

### DEVELOPMENT (5 minutes)

#### Activity: Johnny's Family

I'm going to tell you a story about a little boy named Johnny.

*Ask all the boys to stand up and pretend that they are Johnny.*

- Johnny had a family who loved him and took good care of him.

*Question: How does your family take care of you? (Allow 2 or 3 students to answer.)*

Johnny's father often took him to work in the wood shop with him. He taught Johnny how to smooth the wood and make things from it.

*Ask all the girls stand up.*

- Johnny's mother taught him and his sisters how to feed the chickens.
- There were many family chores to do. But they all learned what needed to be done and they worked together.

*Have everyone sit down.*

- When we help each other, we learn how to do more things, and there is more love in our families.
- We are happier and our families are stronger.
- Families are a beautiful thing.

### CONCLUSION (5 minutes)

**Show Article 16** and read it together.

- Who is supposed to protect the family? The government, people just like us. We should all protect our family.
- Why do you think families are the best place to grow up?
- What kinds of families can you think of?
- Do we all have to have the same kind of family to be happy and safe? Of course not.

Families can be different in many ways but they are also alike because we all have the same needs and the same human rights.

### CHALLENGE

1. Tell your family that you love them.
2. Look for something you can do to help your family this week.

## The Human Knot

Invite the children to stand in a circle, facing inwards shoulder-to-shoulder.

- Have them close their eyes and move slowly toward the center of the circle with their arms extended in front of them, and grab hold of the first two hands that they touch.
- Have them keep their eyes closed until you give the signal to open them.
- Make sure that each child is holding the hands of two different people.
- Ask the children to open their eyes, and explain that they must undo the knot and form a circle without letting go of any hands.
- Watch the group to ensure no one gets hurt, and intervene only if absolutely necessary.
- After everyone is “unknotted,” have the children return to their seats.



If there are more than 10-12 players, you can create 2 groups and organize a competition between them. The first group to finish can help the second group.

(Adapted from: *Play It Fair Toolkit*, Activity 36. Equitas – International Centre for Human Rights, 2008.)

### *Article 16*

The family is the fundamental unit of society,  
and government should protect it.

*The Universal Declaration of Human Rights*

Remember to fill in your brief *Facilitator Notes & Reflections*. Found following Lesson 10B.





## The Right to Freedom of Religion or Belief

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