Lesson 5A - Family, a Beautiful Thing

Right to Marriage and Family

When you are legally old enough, you have the right to marry and have a family . . . Nobody should force you to marry.

The Universal Declaration of Human Rights, (Child Friendly Version) Article 16

The family is the natural and fundamental group unit of society . . .

The Universal Declaration of Human Rights, (UDHR Version) Article 16

Learning Points

1. **The family is the fundamental unit of society.**
2. **Family units usually make us stronger no matter what their make-up.**

1. WELCOME

Song, "Kindness Begins with Me" (page 22)

2. REVIEW

Question

Who would like to share what you did to let your family know how important they are?

Activity: The Washing Machine (page 28)

Instructions are at the end of the lesson. After the game, ask:

- How do you feel when people say kind things about you?

3. INTRODUCTION

Activity: Family Photographs (page 29)

Questions

- What do you see that is the same in these pictures?
- Do we all live in the same kind of family?

Activity: My Family

Pass out paper and crayons or markers while you talk to the students and explain that there are all kinds of families all over the world. Think about what kind of family you have. Today I want each of you to draw a picture of your family.

It is important to know the children's family situations, adapting activities so as not to make them embarrassed or teased for presenting family styles that are unusual or different. Emphasize values, tolerance, and feelings which make a family stronger.

4. DEVELOPMENT

Activity: The 4-Handed Chair (page 28)

Play a game to see how it is like a family.

Questions

- Was it easier or harder to carry someone with the help of another person? Why?
- How was the game like a family? *The family is stronger when we help each other.*
- Why do you think families are the best place to grow up? *Families love you, keep you safe and show you how to do the right things.*

Read Article 16 and emphasize the word **fundamental** (page 30).

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

- What was the word? Let's say it together.
- What does **fundamental** mean? *Fundamental means that it is the foundation, the most important part.*
- Let's read it again and change the word **fundamental** to **most important.**

Show the Family mini poster (page 31).

Question

Why is it a beautiful thing when families work together?

5. CONCLUSION

Activity: Recite "Be Our Best" (page 30)

Who knows what **dignity** means? Dignity means value. We all have value, which means we all have dignity.

Explain that we're all different in many ways but we all have dignity. We all have value.

6. CHALLENGE

- Show your family the picture you drew.
- Do something this week to let your family know how important they are.

Lesson 5A - Family, a Beautiful Thing

Activity: The Washing Machine or The Laundry

- Choose two or three students to be the **laundry**.
- The rest of the students form two parallel lines close together, facing each other.
- Send a **laundry** student between the lines, **through the wash**.
- Everyone (where this is culturally appropriate) taps the student very lightly on the shoulder while offering words of praise, affection and encouragement.
- Out comes a happy student at the end of the **wash**. The student joins one of the lines, and the next student takes a turn.



It is best if you have at least six to ten students to play this game. Encourage the students not to be too enthusiastic as the student runs through the line so that no one gets tapped too hard.

Activity: The 4-Handed Chair, also known as The Human Chair

If there's time, and your class isn't too big, give everyone a chance to be a **chair**, as well as a **passenger**. But if your class is very large, you may wish to have only two or three groups demonstrate the activity.

Create groups of three students each. Make sure the third person (the **passenger**) is smaller than the two who create the **chair**. If there's an extra person, that person could coach.

Two students in each group do the following:

- Grab his/her own left wrist or forearm with his/her right hand.
- Then grab her/his partner's right wrist or forearm with her/his left hand. **(The facilitator should demonstrate this.)**
- The partner grabs the right wrist or forearm of the other person with the left hand. This creates a square-shaped seat with their arms.

When each pair has created a chair, they should let the **passenger** sit on their **chair**.

- The **passenger** being picked up should squat in a sitting position.
- The **chair pair** should stand behind the passenger and lower their bodies as well, bringing the **chair** down into position for the **passenger** to be seated.
- The **passenger** sits on the **chair,** putting their arms around the shoulders of the **chair pair** for balance.
- The **chair pair** slowly lift together and walk forward carefully with the **passenger**.



Caution! Remind the children that this game is only to be played with adult supervision so that no one gets hurt.

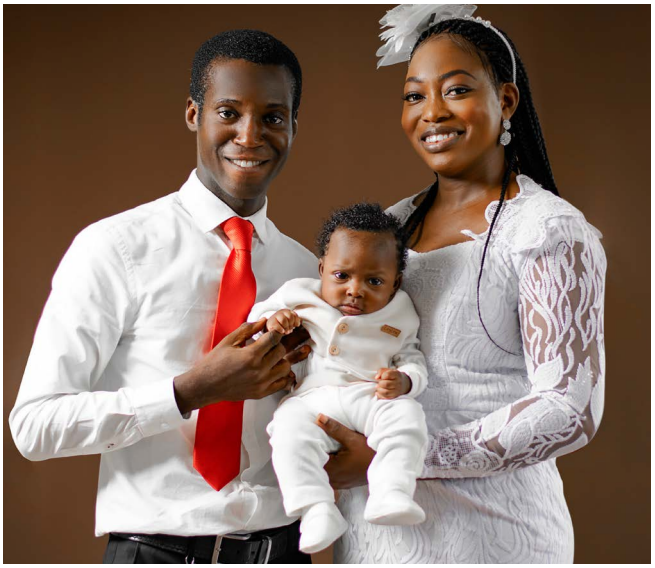
(Adapted from: Play It Fair Toolkit, Activity 34. Equitas – International Centre for Human Rights, 2008.)

Family Photographs

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Article 16

When you are legally old enough, you have the right to marry and have a family. . . Nobody should force you to marry.

The Universal Declaration of Human Rights (Child Friendly Version)

Article 16

The family is the natural and fundamental group unit of society. . .

The Universal Declaration of Human Rights (UDHR Version)

Be Our Best

Suggested rhythm or beat:

Pat pat pat, snap! Pat pat pat, snap! Pat pat pat, snap! Clap clap clap!
Dig — ni - ty and child -ren's rights! Oh, dig — ni - ty for ev'- ry - one!

Pat pat pat, snap! Pat pat pat, snap! Pat pat pat, snap! Clap clap clap!
Dig — ni - ty and child -ren's rights! Oh, dig — ni - ty for ev'- ry - one!

Facilitator: Repeat these words and actions after me.

Pat (hold), pat, pat, snap! Pat (hold), pat, pat, snap! Pat (hold), pat, pat, snap! Clap, clap, clap!

Repeat it three times:

Pat (hold), pat, pat, snap! Pat (hold), pat, pat, snap!
Pat (hold), pat, pat, snap! Clap, clap, clap!

Add the words to recite:

Dig ---- ni-ty and chil ---- dren's rights!
Oh - **Dig** ---- ni - ty for ev' – ry one!
Dig ---- ni-ty and chil ---- dren's rights!
Oh - **Dig** ---- ni-ty, it can be done!

Put the words and the actions together. We'll repeat it twice.

You can sit or stand as you pat your knees or thighs as instructed. You'll teach the song in the next few lessons.

To hear the music, go to the **COUNTRIES menu tab, select GHANA, and click on the button that says Music.**
https://go-hre.org/resources/music-english/

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The Right to Marriage and a Family

UDHR 16 (Child Friendly and UDHR Versions)

Lesson 5B - Family, a Beautiful Thing

Right to Marriage and Family

When you are legally old enough, you have the right to marry and have a family . . . Nobody should force you to marry.

The Universal Declaration of Human Rights, (Child Friendly Version) Article 16

The family is the natural and fundamental group unit of society . . .

The Universal Declaration of Human Rights, (UDHR Version) Article 16

Learning Points

1. **The family is the fundamental unit of society.**
2. **Family units usually make us stronger no matter what their make-up.**

1. WELCOME

Song or chant, "Be Our Best" (page 30)

2. REVIEW

Questions

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

3. INTRODUCTION

Today we are 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 (page 33)

After the game when everyone is **unknotted**, have the students 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 (page 31).

It's a beautiful thing when families work together.

4. DEVELOPMENT

Activity: Parent Pantomime

Ask all the students to stand and pantomime the actions that each parent teaches them.

Your father teaches you to chop wood.

- What else could your father teach you?

Your mother teaches you to feed the chickens.

- What else could your mother teach you?

Have the students return to their seats.

- There are many family chores to be done, but we all learn what needs to be done and we work together.
- When we help each other, we learn how to do more things and there's more love in our families.
- We are happier and our families are stronger.
- Families are a beautiful thing.

5. CONCLUSION

Read or have a student read Article 16 (page 33).

Questions

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

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

6. CHALLENGE

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

Activity: The Human Knot



Invite the students 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 student is holding the hands of two different people.
- Ask the student to open their eyes. 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 students return to their seats.

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

Article 16

The family is the natural and fundamental group unit of society...

The Universal Declaration of Human Rights (UDHR Version)

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