

**Lesson plan**  
**I support others**  
**Support and care for my family**

1. **Theme:** I support others: Support and care for my family
2. **Grade:** 3<sup>rd</sup>
3. **Lesson type:** for acquiring new knowledge
4. **Duration:** 40 min.
5. **Basic terms:** support, care, family, family members, society, empathy, responsibility, communication, cooperation, chores, relatives.
6. **Pedagogical methods:** storytelling, presentation, discussion, dialog, reflection, individual work
7. **Means:** board (interactive or otherwise), markers, laptop/computer, multimedia (screen/projector), ppt presentation, flipchart (optional), sheets of paper, drawing materials

**8. Goals:**

○ Educational:

The students

- ✓ Relate the terms support and care to the context of family life
- ✓ Interpret how different religions view support and care within the family
- ✓ Identify situations in which they can apply supportive and caring behaviour in their own families
- ✓ Differentiate supportive and non-supportive behaviours in given situations
- ✓ Reflect on and evaluate their own actions at home and consider how to improve their supportive behaviour
- ✓ Propose new ideas for showing care at home in everyday situations

○ Formational:

The students

- ✓ Recognize the importance of supportive and caring behaviour within the family
- ✓ Actively engage in discussions about support and care for family members
- ✓ Demonstrate positive attitudes toward kindness, helping, and responsibility at home
- ✓ Develop personal strategies for incorporating caring actions into their daily home routines
- ✓ Begin to internalize support and care as values and integrate them in their own value system

**9. Cross-curricular connections:** Social studies, Religious studies

**10. Intra-subject connections:** with the lesson plans on the themes: Me and the others, Me and my environment and the other modules from the theme I support others

**11. Expected results:**

- ✓ Students are able to describe several ways children can contribute to a caring home environment
- ✓ Students are able to distinguish between supportive and non-supportive behaviors in different everyday situations and justify why certain actions help strengthen family relationships
- ✓ Students are able to create a personal plan or product showing meaningful ways they can support and care for their family members
- ✓ Students actively participate in class discussions and activities about family support, showing openness to listening to others and sharing their own experiences respectfully
- ✓ Students demonstrate that they value kindness, responsibility, and empathy, expressed through positive attitudes and thoughtful contributions
- ✓ Students begin to integrate caring behaviors into their daily routines

**12. Preparation**

○ For the teacher: Reading the theoretical base, downloading the presentation, preparing sheets of paper and drawing materials for the students

**13. Structure of the lesson:**

**I support others: Support and care for my family**

1. Support and care in the family
2. How children can support and care for their family members
  - How to show support and care
  - Why is it important to be supportive?
  - Support and care in different religions
3. Activity: Support and care superhero
4. Reflection and discussion
  - The students are prompted to answer several questions on the subject, reflecting on their thoughts and feelings and engaging in a discussion.

#### 14. Structure, content and timeline

##### 1. Introduction (5 min.)

- Teacher activity:

- Actualization of prior knowledge on the subject: What do you think means to support and care for someone?; Is it important to respect and care for our family members?; What is the most recent way that you can think of, in which you supported your families? (3 min.)

- Introduction of new information and terms: (2 min.)

A family is a group of people who love, trust, and help one another. Every family is different, but all families work best when the members support and care for each other. Support means being there for someone when they need help: emotionally, physically, or in everyday tasks.

Care means showing kindness, respect, and concern for the well-being of others. These two ideas are closely connected; when we support someone, we also show care, and when we care for someone, we help them feel supported. Everyone needs to feel supported and cared for, especially in the family. When we show our family members that we support them, we also show them how important they are for us, that we love and appreciate them.

- Student activity:

- Participation in the dialog, asking questions, active listening

- Methods and tools:

- Methods: dialog, storytelling

- Tools: board, marker or an interactive whiteboard (for outlining the theme and the terms; optional, for writing down student's ideas, thoughts)

##### 2. Stating the theme of the lesson: I support others: Support and care for my family (30 min.)

- Teacher activity:

- Short presentation, outlining the importance of support and care for family members, ways to show support and care in the family and religious notions about family, about support and care for relatives (7 min.)

- Theoretical overview, performed with the presentation:

Support and care in families can be expressed in many ways, for example:

- Listening to each other
- Helping with chores
- Comforting someone when they feel sad
- Encouraging one another during challenges
- Celebrating successes together

Children are important members of their families. Even though kids are still learning and growing, they can help make their homes happy and caring places in many wonderful ways.

One of the best ways kids can help is by doing small jobs around the house. You might set the table before dinner, put your toys away after you play with them, help a younger brother or sister get dressed, give food and water to your pet, or pack your own backpack for school. These jobs might seem little, but they really help your family and show that you're growing up.

Being kind is another special way to help your family. When you say “please” and “thank you”, share your toys or snacks, and pay attention to how others are feeling, you make your home a nicer place. If you notice that your mom looks tired or your sibling seems sad, that shows you care about them.

You can also help by being responsible with your own things. This means doing your homework without being reminded lots of times, getting ready for school by yourself, and taking care of your things like your clothes and school supplies. When you do these things on your own, it makes your parents proud and helps the whole family have a smoother day.

Sometimes the best way to help is just by being loving. A big hug can make someone feel so much better when they're having a bad day. You could draw a special picture or make a card to cheer someone up. Even just sitting next to a family member and keeping them company, shows them that you love them.

Finally, kids help their families by working together with everyone. This means trying to solve problems with your siblings without fighting, listening when your parents talk to you, and helping out when the family needs to do chores or projects together. When everyone cooperates, the whole family is happier.

Support and care in a family are important because they help everyone feel safe, loved, and understood. When family members help each other, problems become easier to solve. Caring for one another makes the family stronger and happier.

Different religions from around the world highlight the importance of family, kindness, and helping others. Even though the traditions may vary, many share similar values about caring for family members.

Christianity teaches that love and kindness should guide family life. The Bible encourages helping one another, forgiving each other, and showing compassion. Children are taught to honour their parents and care for those in need. Christians believe that families are a gift from God and that showing love within the family reflects God's love for all people. The Bible says,

“Honor your father and mother”, which means treating parents with respect and gratitude is an important part of following Jesus's teachings.

In Islam, family is considered extremely important. Children are encouraged to show respect to their parents, speak kindly, and help with responsibilities. Caring for the elderly and supporting relatives is seen as a key act of faith. Muslims believe that being good to your family, especially your parents, is one of the best ways to please Allah. The Quran teaches that children should speak gently to their parents and never be rude to them and taking care of family members is considered a blessing and a duty.

In Judaism, family is at the heart of religious life and traditions. Jewish children learn from a young age to honour their parents and participate in family rituals like Shabbat dinners and holiday celebrations. The Torah, which is the Jewish holy book, commands children to respect their mother and father as one of the Ten Commandments. Jewish teachings emphasize that the home should be filled with kindness, peace, and learning, and that children play an important role in keeping family traditions alive.

In Hinduism, the family is seen as sacred, and respecting elders is a central value. Children are taught to care for their parents, grandparents, and extended family members as a spiritual duty called “dharma”. Hindu tradition teaches that the family is where children first learn about love, responsibility, and right behaviour. Showing devotion to parents and elders is believed to bring blessings and good karma, and many Hindu stories outline the importance of family bonds.

In Buddhism, families are encouraged to practice compassion, patience, and mindfulness together. Children learn to show kindness not only to family members but to all living beings, which helps create harmony at home. Buddhist teachings emphasize that parents and children should support each other with love and understanding throughout life. Families often practice meditation together and teach children to be thoughtful, peaceful, and caring toward everyone around them.

Support and care, in most religions and cultures, are viewed as habits and values that help build a peaceful and loving family life.

Activity: Support and care superhero (23 min.)

- ✓ The teacher gives sheets of paper and drawing materials to everyone (or prompts them to prepare theirs)
- ✓ The teacher provides instructions for the activity:
  - Each student should think of a superhero who supports their family: what is the superhero's name, what is their superpower?
  - Each student draws their superhero, writes the name and the superpower
  - The students think of exact ways in which the superhero supports the family: helps with chores, helps with care for siblings, is responsible for his/her toys, homework, etc.
  - Each student presents their drawing and explains what their superhero does to support and care for the family members

- ✓ The teacher initiates a discussion about the different ways in which children can support and care for their family
- Student activity:
  - Participation in the dialog, taking notice of the presentation, asking questions, active listening, thinking of ways to be supportive and caring in the family, sharing ideas, reflecting on the activity
- Methods and tools:
  - Methods: dialog, presentation, storytelling, individual work, discussion
  - Tools: interactive board or a screen, laptop/computer, board, marker, flipchart (optional, for writing down students' ideas), sheets of paper, drawing materials

### 3. Reflection and discussion (5 min.)

- Teacher activity:
  - Posing questions for a discussion:
    - ✓ What does “support” mean to you in your family?
    - ✓ Can you think of a time when you helped or cared for someone in your family? How did it make you feel?
    - ✓ Why do you think it is important for families to support and care for each other?
    - ✓ What is one small thing you can do this week to show care at home?
    - ✓ Did you learn anything new today about how different religions show care within families?
  - Engaging the students with prompts:
    - ✓ “For example, in my family, support means listening when someone wants to share their thoughts and feelings”
    - ✓ “I remember helping a family member when they were sick. I brought them some tea and read them a story. It made me feel supportive and connected”
    - ✓ “I think families grow stronger when they help each other”
    - ✓ “This week I will help my family by being there for them and listening when they want to share something”
    - ✓ “Something I learned is that many religions teach similar values, like kindness and care”
  - Answering questions and clarifying information

- Student activity:
  - Engaging in the discussion
  - Reflection on their ideas and emotions on the subject
- Methods:
  - Methods: reflection, discussion, active listening

#### 15. Variations:

- The “Supportive family” activity: The teacher prepares short scenarios on cards (e.g. “Your sibling is sad because they lost a toy”, “Your parent is tired after work”, “Your grandparent needs help carrying something”); The teacher divides the students into pairs; The teacher gives each pair one of the cards (or each pair selects one); The pairs act out how they would support or care for the family member in that situation; After each role-play, the class briefly discusses what supportive actions were shown.
- The “I can help” activity: Each student traces their hand on coloured paper and cuts it out; On each finger, they write one way they can help or support someone at home; Each student presents their work; The teacher initiates a discussion about support and care in the family; The drawings are collected into a large class poster, which the teacher displays in the classroom.
- The “How families care in different religions” activity: The teacher prepares info sheets or fact cards with brief information about how families show support and care for each other in different religions; The teacher divides the students into small groups and gives each group a fact card; Each group reads the information and writes/draws one sentence about a caring practice in the given culture; Each group shares their works and discusses the importance of support and care for the family members.
- The “Interview” activity: The teacher prepares interview cards with three questions about support and care in the family (e.g. “What is one way we help each other in our family?”); Each student takes a card home and conducts an interview with a family member; During a class discussion, each student shares what they learned; The teacher summarises the most frequent answers/ideas and the class works together to create a poster of “Ways to support and care for my family”.
- The “Creative rules” activity: The teacher divides the students into small groups; Each group should create a short poem, rhyme, short story, or simple song about supporting and caring for family; The teacher provides sentence starters (e.g. “In my family we help by...; Caring means...; We support our families by...); Each group performs their work and the songs/poems/stories are then collected in a class book.

16. Interesting facts (from <https://kids.kiddle.co/Family>; McAuley, McKeown & Merriman, 2012:

[https://www.researchgate.net/publication/257773502\\_Spending\\_Time\\_with\\_Family\\_and\\_Friends\\_Children's\\_Views\\_on\\_Relationships\\_and\\_Shared\\_Activities](https://www.researchgate.net/publication/257773502_Spending_Time_with_Family_and_Friends_Children's_Views_on_Relationships_and_Shared_Activities);  
<https://kids.nationalgeographic.com/weird-but-true/article/family-facts>;  
[https://kids.kiddle.co/History\\_of\\_the\\_family](https://kids.kiddle.co/History_of_the_family))

- ✓ Family members can be related by genetics (for example brothers and sisters) or by law (like through marriage).
- ✓ In many countries and cultures family members share the same last name.
- ✓ Spending time with family can help reduce stress, make you feel happy, and boost self-confidence and academic (school) results.
- ✓ Kids learn how to take care of others by watching and helping their family, so family is like a special school for kindness and caring.
- ✓ There are monkeys in Thailand that teach their young to floss.
- ✓ Some cultures, such as the Inca, the Kinte people of Africa, and the Māori of New Zealand, did not have written languages. Instead, they shared their family history and traditions by telling stories out loud to each generation.
- ✓ European royalty and nobles kept detailed family records, some dating back to the Middle Ages. In 1538, King Henry VIII ordered English churches to record christenings, marriages, and deaths, and this practice soon spread across Europe. Knowing your ancestors was important for both religious and social reasons in those times.
- ✓ Aristotle thought that the household (oikos) is the fundamental building block of society.