

## EaD Comprehensive Lesson Plans

<b>Strand:</b>	The family and the community	<b>Sub-Strand:</b>	The family systems
<b>Content Standard:</b>	B7 3.1.1. Appreciate the Importance of the Family Systems		



or



0248043888

<https://www.TeachersAvenue.net>

<https://TrendingGhana.net>

<https://www.mcgregorinriis.com>

**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 5**

<b>Indicator (s)</b>	B7 3.1.1.4 Describe ways of promoting good relationships among family members	<b>Performance Indicator:</b> Learners can identify ways to build a strong family relationship.			
<b>Week Ending</b>	09-02-2024				
<b>Class</b>	B.S.7	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Religious and Moral Education				
<b>Reference</b>	RME Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
<b>Teaching / Learning Resources</b>	Pictures, Posters showing Family system in Ghana, Power Point Presentations	<b>Core Competencies:</b>		<ul style="list-style-type: none"> <li>• Presenting</li> <li>• Team work</li> <li>• Listening.</li> <li>• Problem Solving</li> </ul> <p>Critical Thinking</p>	
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>WEDNESDAY</b>	Through questions and answers, introduce the lesson.	<ol style="list-style-type: none"> <li>1. Ask Learners to explain reasons why family relationship is important.</li> <li>2. Learners brainstorm to identify 5 factors that promote good relationships in the family.</li> <li>3. Learners in small groups to discuss and report to the class on the need for healthy relationships among family members.</li> <li>4. Discuss with the Learners about the characteristics of a strong family.</li> </ol> <p><b>Factors that promote good relationship among family members;</b></p> <ul style="list-style-type: none"> <li>❖ Patience</li> <li>❖ Respect</li> <li>❖ Obedience</li> <li>❖ Tolerance</li> <li>❖ Transparency</li> <li>❖ Accountability</li> <li>❖ Forgiveness</li> <li>❖ support to family members</li> </ul> <p><b>Why Are Family Relationships Important?</b></p> <p>A family is important because our mental growth, well-being, and stability all depend on our family.</p> <p>A family makes all its members feel safe and connected to one another.</p> <p>It provides us with the comfort of having people by</p>			<p>Assist Learners to dramatize on how to show love and affection in a family relationship.</p> <p><b>Exercise;</b></p> <p>State 5 factors that promote good relationship in the family.</p>

		<p>our side during tough times, helping us to manage our stress.</p> <p>A family allows us to feel safe, protected, accepted and loved despite our shortcomings.</p> <p>Families are the basic units that teach children about relationships. Children brought up in a healthy family will be able to form better bonds outside their home.</p> <p>Strong relationships teach us how to build trust in others as family members share both good and bad times together.</p> <p>Conflicts in family teach children a respectful way to resolve problems in the future. By mastering the art of conflict resolution, children are confident in facing similar issues later on.</p> <p>A strong family is all a person needs to become confident in life.</p>	
<p><b>FRIDAY</b></p>	<p>Discuss with the Learners on the need for self-examination when things go wrong in the family</p>	<ol style="list-style-type: none"> <li>1. Assist Learners to identify 5 ways of building strong family relationships.</li> <li>2. Discuss with the Learners about the importance of family systems in Ghana.</li> <li>3. Learners brainstorm to dramatize on behaviours that show good relationships among family members.</li> </ol> <p>Importance of Maintaining Healthy Family Relationships</p> <p>The importance of a good relationship with family is unparalleled. Being part of a warm and caring family is in itself a great feeling. Forging stronger and deeper family ties is necessary for the following reasons:</p> <p>It can help kids feel loved and secure which is essential for their sound emotional and intellectual development.</p> <p>It can contribute to resolving many of childrens' behavioural and psychological issues related to their learning, eating and sleeping.</p>	<p>Organize a recap exercise on how to promote good relationship among family members.</p> <p><b>Exercise;</b></p> <p>Explain 5 ways to build a good relationship among family members.</p>

It can assist in overcoming and solving any likely family problems and conflicts in a cordial way.

It can teach family members to respect each other's difference of opinion while boosting individual thinking and personal self-worth.

It can promote social skills in children which can help them create healthy relations of their own.

Parents can become apt role models for their kids and lay the foundation of a strong value system.

It can encourage kids to develop a high moral character by establishing their wisdom of right and wrong.

A caring family structure can enhance a sense of responsibility in kids by teaching them the value of fulfilling their duties and obligations and upholding commitments.

Healthy family relations can help intensify emotional intimacy which in turn can foster feelings of empathy and compassion in kids.

### **Characteristics of a Strong Family**

Lack of unity or cohesiveness can break any family. A strong family can withstand all adversities. Some of the characteristics of a strong family are:

#### **1. Communication**

Good communication is crucial for any healthy relationship as it makes it easier to resolve conflicts

and build strong connections. Families should indulge in communicating with honesty and with openness. They should listen to one another with the aim of understanding, which can help promote empathy.

## **2. Togetherness**

Families that share similar beliefs and values can develop a great bond as it supports in creating a sense of intimacy and belonging. It can generate an environment of security and closeness which can become a source of strength in times of difficulties. It can also help in founding a reliable support system where members of the family are truly devoted to each other.

## **3. Affection**

Stable families don't shy away from showing care and affection through hugs, kisses, words, and acts of thoughtfulness. An individual's opinion or idea is respected and valued which can help relationships to flourish and grow. Sharing of positive feelings like appreciation and admiration for each other can assist in setting up a bond of inseparability.

## **4. Sharing Activities**

Close families regularly share life experiences which help bring family members closer. It can facilitate a commitment of spending time together, engaging in activities that the family enjoy doing, like playing games, reading, sports, and camping.

## **5. Commitment**

Close-knit families follow the norm, 'family always comes first'. No amount of trials or difficulties can shake the unwavering faith that they have in each

other. This constant dedication towards each other helps them sail through both bad and worse times. The hard times motivate them to get together to find solutions and correct problems.

#### **6. Support**

Healthy families are there for each other through thick and thin. They refuse to give up on one another when situations become unpleasant. Their associations are not subject to changing circumstances. No matter what, they stay together and support every family member providing the reassurance which may help overcome the adverse conditions.

#### **7. Acceptance**

Successful families have mutual respect for each other. They understand each other's unique qualities and accept each other's flaws. They avoid passing judgements or negative remarks. Such an attitude can inspire family members to conduct themselves in a positive way infusing each other with confidence and self-worth.

#### **8. Boundaries**

Members of good families create healthy boundaries and refrain from intruding in each other's personal space. They respect boundaries which can help every individual enjoy better security and closeness.

#### **9. Spiritual Devotion**

Families are stronger when members are hitched together as one owing to their shared affiliation with God. A shared commitment to God's word can

		<p>provide families with a sense of meaning and purpose in life which can propel them to stay together. They can achieve the right perspective of life's struggles and challenges. It can give them guidelines for living which can contribute to fashioning a positive household.</p>	
--	--	--	--

Name of Teacher:

School:

District: