

FEELINGS INSPECTORS RESOURCE

Relationships

Family Portraits

About this activity

This activity can be used as a way of further introducing the idea of relationships and the role they have in supporting our mental health and wellbeing by focusing on the people most of us know best: our family. By thinking about the things that the children like about the people in their families, we can begin to think about the attributes of positive relationships.

What do we need?

Paper
pencils
colouring pencils/felt tips



Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

Family Portraits

Instructions

Explain that today we're going to be thinking about the different people in our families and the relationships we have with them. We all have different families, and within those families we all have different ways of interacting with each other. Some people have big families, others have small families. Some have loud families; some have quiet families. And some are loud sometimes, and quiet at other times! There's no one way to be a family.

It's really important that the differences between families are discussed at the outset to make sure that everybody feels included in the activity.



Top tip

The task for the children is to draw a family portrait. They can do this as imaginatively as they like – challenge them to see if they can represent their family members' personalities in their drawings. You could ask them to think about what they like best about that person and see if they can include that feature in their drawing – what makes that person special to them? Some children may wish to draw their whole family, and some may just choose some of them, either way is fine.



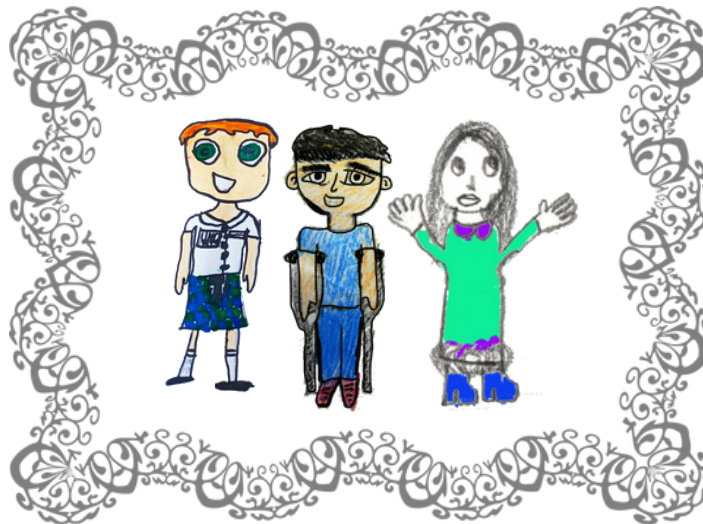
Family Portraits

Reflection

Once the children have had time to finish their pictures, get back in a circle and ask if anyone would like to share their picture & explain to the group how they've represented their families and share anything they'd like to about the relationships that they have with them.

If doing this activity as a whole class, do the final discussion part in groups so that everyone has a chance to share if they wish to.

Top tip



A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).