

Children's Connection Curriculum

Session Topic: Social Skills- (Family Me Too Game and Ideal Family Movie)

Developmental Level: Middle School

Purpose: To help group members speak about family issues and to illustrate that everyone has feelings/problems related to their families.

Materials: None Needed

Description of Session:

1. Explain that we are going to start by playing the Me Too game. Each group member will take a turn saying something about their family. Some rounds do things they like, some rounds do things that they would like to change. Put chairs in a half circle, with one taken out for whoever is "it". Have "it" stand at front of circle and say what they like/what they would change. Then everyone who has that thing in common with "it" has to stand and join them. "It" gets to sit first, then the rest of those who stood scramble for remaining chairs. Whomever is left standing becomes "it". Play each round for a few minutes.
2. Talk about how we can't choose our family like we can our friends. Tell the students to imagine they were writing a movie about their family. Lead a discussion on the things they would change, and what would remain the same for it to be the IDEAL family movie.

Discussion Questions:

1. What might happen if you asked for some of those changes?
2. What could you do to help make that change?
3. Was there anything that surprised you about the Me Too game? Something you had in common with someone that you didn't know?

Reference: Waterman, J. and Walker, E. (2009). *Helping At-Risk Students*. New York: Guilford