

# My Family and Me Preschool Lesson Plan | Learn About Family

**Age Group:**

3 – 5 years

**Duration:**

1 Class Period (30–45 minutes)

**Theme/Topic:**

Understanding and Appreciating Our Families

## Learning Objectives:

By the end of this lesson, preschoolers ought to be able to:

- Identify and name members of their family.
- Describe the roles of different members of a family.
- Appreciate the uniqueness of their own family.
- Demonstrate love and appreciation for their family.

## Developmental Areas Covered:

1. Language
2. Social & Emotional
3. Cognitive
4. Fine hidden Skills

## Materials Needed:

- Family photo (brought from home)
- Chart paper or whiteboard
- Crayons, markers, glue sticks
- Printable family tree template
- Storybook (e.g., The Family Book by Todd Parr)

## Lesson Procedure:

### 1. Welcome Circle (5 minutes)

- Sing a hello song.
- Introduce the theme: "Today we are going to talk about something very special—our families!"

## **2. Story Time (10 minutes)**

- Read The Family Book by Todd Parr or a different family-themed book.
- Ask open-ended questions:
  - "Who's in your family?"
  - "What do you like to do with your family?"

## **3. Discussion and Sharing (5–10 minutes)**

- Invite children to share their family pictures.
- Ask them to name every individual and say something they love about that individual.

## **4. Activity: Create a Family Tree (10–15 minutes)**

- Distribute family tree templates.
- Assist kids in drawing or glueing family members' pictures.
- Allow them to colour and decorate the tree.

## **5. Music and Movement (5 minutes)**

- Sing "Finger Family" or "We Are a Family."
- Promote basic movements and gestures during singing.

## **Assessment:**

Observe if children can:

- Name the family members.
- Participate in sharing and listening.
- Complete the family tree with guidance.