

Knowing me, my family and community

Resource booklet for families



This resource booklet has been designed to accompany the learning from home resources designed for teachers. Each booklet covers a different learning area and is designed to be used by families in the home so they can offer play experiences that will support their child's learning in this area. It also unpacks some of the learning that will happen.

The learning outcome that links to this resource booklet is:

Learning Outcome 1: Children have a strong sense of identity

- Children develop an awareness of who they are as an individual and their identity.

The learning concepts covered in this resource are:

- Who am I
- My family and culture
- My community

When children learn about who they are as individuals and as part of a family and community, they develop a sense of identity. The relationships which children develop with people and places around them provide the basis for this. When children feel safe, loved and supported, they feel like they belong and see themselves as important and respected. Having a strong sense of identity supports children to ask questions and try new things, to persist with challenges and celebrate their achievements.

Families are encouraged to investigate and explore play experiences incorporating local Aboriginal history and culture, when and where appropriate.

Who am I

Engaging in play experiences with your children helps them to understand who they are as individuals, and that they are valued and worthy of attention. Interacting with your child teaches them that they can contribute to the world and make a difference.

Play experiences

Me:

- Children can look at themselves in mirrors and talk about their features including facial features, hair and skin colour. They could then draw these features using felt tip pens/crayons/pencils.
- Share pictures with your child from when they were younger and talk about how they have changed and what they can do now that they couldn't do then. This helps them to realise how they grow and learn.

My body:

- Have your child lay on the floor outside with their arms stretched out. Trace the outline of their body with a piece of chalk and repeat this for each member of the family. Talk about the different size of each body outline. Does the size correlate with their age or birth position in the family?

My likes and dislikes:

- Children can create a personal poster featuring photos, pictures or drawings related to family, pets, sporting activities, likes, dislikes and interests.
- Compare likes and dislikes with your child. Accept their thoughts and ideas as this helps them to know that who they are, and what they like, is important and valued.

Spaces I love:

- Children can draw a picture of their home and map their special spaces including their bedroom, favourite indoor and outdoor play space, favourite resting space or hiding space.
- Consider whether these spaces give your child time to play alone and time to play with others? Why do they like these spaces? Talk to your child about it.

Puppet play:

- Create puppets with your child using a paper bag or old sock. Add features using textas, paint, spare wool, and offcuts of fabric or loose buttons.
- Encourage your child to put on a puppet show about themselves, for family members to watch. This helps children to talk openly about themselves and share their own thoughts about who they are without being influenced by others. You might be surprised by their thoughts and the way they express themselves.

Questions to support your child's learning

- What feature do you love most about yourself?
- What space in our home is most special to you? Why do you like that space?
- What is your favourite play activity?
- What things do you like learning about?
- What is the most special thing about you?

What will your child learn?

- Develop a sense of self identity
- Know who they are as individuals and how they belong
- Build confidence in themselves and their ability to grow and learn

Knowing my family and culture

Talking with your child and sharing stories about your family, your culture and beliefs is the best way to strengthen their understanding of who they are as individuals, and how they belong to your family.

Play experiences

My family:

- Spend some time looking at a mirror with your family members and talk about each person's features. What colour hair and eyes do you all have? What are the features of each person's face? Are there similarities and differences? Draw these features and create your own family portrait.
- Talk about how everyone is unique and what makes you different and similar to each other. This helps your child to be comfortable and confident in who they are.

Digital family photos and old photo albums:

- Talk about who is in your family and your extended family. Discuss grandparents, aunts and uncles from both sides of the family.
- Discuss the family dynamics: Do both sides of the family have the same cultural background, religious beliefs and values? What is similar and different and how does that affect your family values?
- Invite your child's family members, grandparents or elders to tell stories from when they were a child, or about a special family event like a birthday, wedding or christening.
- Talk about what types of activities you enjoy doing together and the special religious and cultural celebrations that occur in your family. Discuss how these might be different to other families.

Story telling:

- Share special stories about your family and your special celebrations. Talk about who is part of those celebrations and why.
- Ask your child about what they have learnt from different family members about your culture and family background.
- Share stories in your home language to provide opportunities for children to extend their vocabulary.
- This helps children to become strong in culture and identity and feel proud of themselves and their family.

Chores:

- Identify jobs that your family members do around the home such as putting rubbish in the bin, making the bed, feeding pets, cooking.
- Discuss the expectations and types of jobs each family member contributes to.
- Create a list of chores around the house and allocate chores to different family members. This helps children understand that everyone has a different role to play in a family. It also helps children to learn that their actions can have effects on themselves and others.

My home:

- Encourage your child to draw a picture of your home or construct it using recycled materials. Model figures of each family member using playdough.
- Talk about the different types of homes that families live in such as units, houses, caravans. Discuss how other families may be made up of different members such as single parent families or children living with their extended family members rather than their parents.

Questions to support your child's learning

- Do you know that you are special and a very important part of this family?
- Which family member do you love to visit the most?
- Do you like spending time with different family members (grandmother, aunty...)?
- What do you think would happen if we don't all do our chores around the house?
- What's one thing that you love doing most when we are at home together?

What will your child learn?

- Build confidence in themselves as individuals and part of the family
- Develop a sense of belonging to both their immediate and extended family
- Maintain and extend the use of home language
- Take pride in their home language and culture
- Contribute to completing various chores around the house
- Understand that everyone has a different role to play in a family.

My community

As children grow they can begin to recognise the similarities and differences between individuals and groups including the cultural, language, and religious groups that are part of your community. This helps them to understand who they are as part of their family and community.

Play experiences

My community:

- Who is part of your community and what different relationship do you have with different people? Your family doctor or dentist, the local butcher and baker? Do you have a local park or beach where you meet friends? Do you regularly attend a religious service? Are you part of a playgroup or sporting group?
- Go for a walk in your community and map the different spaces you know and those which you visit regularly for special occasions or for recreational purposes.
- Talk about the important role that different community members play to help everyone live well and work well together.

Role play:

- Discuss workers in the community. Role play and dress up as the services in the community (police, doctors, nurses, teachers, shop keepers, librarian). Act out who different members are and what they do.
- This will help your child to explore identity through dress ups and pretend play.

How do I connect with community?

- Build a picture gallery using photos or drawing of the special places which you visit in your community.
- Collate a photo album of pictures of your family and the groups your child belongs to. Write a story about what was happening in the photos.
- Talk about who you see at these places and what you do there.
- Do you have a second language and who in your community speaks the same language?

Questions to support your child's learning

- Do you like doing different things within the community?
- How do you think other people celebrate special events/celebrations with their families?
- Who is your best friend at preschool and why?

What will your child learn?

- Become aware of connections, similarities and differences between people
- Understand that there are different roles within each community
- Making connections between their own life experiences and experiences of others in the community
- Recognise they have a right to belong to a family and many communities
- Develop a sense of belonging to family and community groups