My Family is Special



TOOL 3C COMMON GROUND

LINKED TO:

• Sections 3.2 & 3.3



WHY?

- To remind families that there are things that each has in common with the others
- To help highlight family strengths that can be built on or used to help families plan
- To gain some insights into family dynamics, relationships and roles



WHO WITH?

- Groups of 2 to 10
- This can be run with children of any age and a mixed age group.
 It is also great to use with family groups



TIME?

• 10 minutes to ½ hour



YOU'LL NEED?

- · Paper and pens or crayons
- · Prizes (optional)



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WHAT TO DO:

- Groups of 2-10 are formed and given paper and pens. If you are doing this with families, each family is a group. First they can make up a team name. Tell teams their challenge is to list everything that they have in common (eg: team members might watch the same TV show, like the same music, or like the same type of chocolate). The only rule is that they can't list similar body parts such as 'we all have 2 arms and 2 legs'. Tell teams they have 3 minutes to create their lists.
- Discuss:
 - How easy was it to find something in common with other team members?
 - How are we alike/different?
 - · How can things in common bring us together?



SOMETHING DIFFERENT?

 Challenge the teams to list things they don't have in common – things that make them unique.



TO THINK ABOUT:

• It is also important, as with all games, to allow children and families the option of not playing the game or of changing it.



HAZARD ZONES:

Some families may need a high level of support to do this activity and to include
everyone in the family, so be prepared to facilitate their ideas and start off with easy
ideas like foods they all like, TV programs, colours, places. Once the 'team' start coming
up with ideas, leave them to it if you can.