

Families in Crisis

Day 1

Bell-Ringer: Can a family change? If yes, what factors may cause the change?

Discuss responses and add...

All families can/do experience change in some way. For example:

- A. People move in and out of families all the time because of the natural life cycle.
- B. Challenging situations and events can cause family change as well. They may cause us to feel overwhelmed, confused, scared, out of control and angry.

Illustration activity: Close your eyes and stand on one leg. How do you feel? Do you feel in control? Sometimes when things happen we feel out of control and feel helpless. Just like when a storm, fire or earthquake occurs.

When we experience these examples, we are experiencing challenges or **CRISES**.

What are **CRISES**? Ask students for their definition first. What are examples?

Use PPT to take **notes** :

- Definition
- Events: Demoralization, Deprivation, & Organization Change
- Survival Skills Necessary: Resiliency, resources, money, time & support

Will all challenging situations turn into a crisis? No-it depends on the event (type and whether it's positive or negative, the number of events occurring at one time, the perception of the event and the survival skills one has)

Will we be changed after experiencing a crisis or several crises? Absolutely!
Think about the following examples/analogyes:

- An egg starts out with a soft inside. You add it to boiling water for a while and the inside hardens. This happens to people too.
- You put clear water in a pot and filter it through coffee. The coffee will color the water and it can be bitter, but with help it can be better tasting if we add things to it like cream and sugar. People get colored by their situations and sometimes they can be bitter and sometimes with help/counseling they can be better.
- Carrots start out hard and become soft after spending some time in boiling water. Sometimes people soften and become more empathetic to others when they've gone through a difficult time or situation.

Activity: Name that Crisis

Envelope Sorting Activity: Review activity that can be done in small groups

Give each group a white board and marker and have them create three sections each labeled demoralization, deprivation, and organizational change. In small groups, using your notes, sort the examples (listed on Name that Crisis document) in the envelopes into the correct categories. Go over the correct placement. OR You can just give students the worksheet to label.

Day 2

Bell-Ringer: Share the story of "The Three Little Pigs" and answer the following questions:

- Who makes up this family?
- What family structure is represented at the beginning of the story?

- What roles/obligations does each brother have to each other? What functions do they provide for themselves and each other?
- What challenge(s) are affecting family? How?

Discuss their responses.

Obviously this story is a fairytale and not real but each of us has a life story that we live and possibly share with others. We are going to watch a true story about a girl who shares her challenging family situation.

Case Study: View the DVD: "Gracie's Choice" together as a class and have students complete the video questions. Discuss their thoughts, opinions and reactions to this story before completing the follow-up assignment.

Assign the follow-up Collage Poster assignment which can be completed individually or with one partner.

Name that Crisis Event

Read the crisis statement and decide what type of event is being depicted.

Demoralization, deprivation or organizational change

1. Your mom remarried and now you have a step-father and step-brother living with you.
2. An earthquake caused your house to collapse.
3. Your son was arrested for dealing drugs.
4. Your mom just delivered baby number five.
5. Grandpa recently died of heart complications.
6. Your house was caught in a hurricane and flooded.
7. Your only daughter just got married.
8. Your spouse lost his/her job when the local factory shut down.
9. Your family's name has just been ruined—you were involved in a local scandal.
10. Your family home was consumed by a wild fire and destroyed.
11. You discovered your spouse was having an affair.
12. Your mother and father divorced after twenty years of marriage.
13. Your son, stationed overseas, was killed when a terrorist's group bomb exploded.
14. You just found out you're going to be a teen parent.
15. Your dad got a promotion at work and will receive a 10% wage increase.
16. Your parents recently adopted a child from Bolivia.
17. Your barn burned down when it caught fire in a lightning storm.
18. I saved my grandmother from choking by performing the Heimlich maneuver and calling 911.
19. The bank foreclosed and took our house, now we're homeless.
20. We inherited a large sum of money from a relative.

"Gracie's Choice"

Answer the following in complete sentences. Use additional paper if necessary.

1. Identify the various family structures represented throughout this story.
 - Initially, the family was in this type of family structure:
 - When they moved in with grandma, they became this type of family structure:
 - For six months the children spent time apart in this type of family structure:
 - At the end of the story they became this type of family structure:
2. Identify the family functions provided by the mother in this story and use an example from the story to support your response. Repeat with the functions provided by Gracie.

Mother	Gracie

3. What function binds this family together?
4. How is demoralization represented in this story? Give at least three examples to support your response.
5. How is organizational change illustrated in this story?
6. How do the many crises in this story affect Gracie? Does she change? Explain.
7. How do the many crises in this story affect the children? Do they change? Explain.
8. What does Gracie do to overcome her family crisis?
9. Could Gracie's sister cope? Explain.
10. If you could change society in one way avoid or lessen what Gracie's family went through what would it be? Explain.
11. Explain the quote "A crisis can be a blessing in disguise." as it applies to this story.

