Reflecting on Families

Use this activity as a way of reflecting on how your family shaped the person you have become. As you complete this activity, think about how this relates to the school-age children in your care. Their behaviors and personalities are hugely influenced by their families. By reflecting on your own experiences and memories, you should gain a deeper understanding of the families in your program.

1. Think about your most vivid childhood memories. What makes them so memorable? Were members of your family present? Take a few moments to reflect on these memories.

2. Try to remember a time a member of your family was involved in your education during your school-age years. This could have been a family conference, attending an athletic event or any other education-related event. How did this make you feel?

3. Sometimes, we don’t realize our customs or behaviors are different from others until we get a peek into another family’s world. Do you remember a time, maybe a special event or holiday where you realized that not all families are the same?

4. Think about your life now. How did your family influence who you are today?