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| Lesson Title: Families that Work |
| Students will explore family roles and connect them to career pathways and leadership skills. By dressing as a family member, students reflect on how family experiences shape strengths and inspire future goals. This lesson aligns with the FCCLA Career Connection and Families First national program and supports exploration of FCCLA leadership and careers in FCS pathways. |
| Intended Grade Level |
| Grades 5-12 |
| TIMEFRAME *How much time will it take to complete this lesson? (video, handouts, activity, etc.)* |
| 45 minutes (includes overview, activity, and reflection) |
| FCCLA NATIONAL PROGRAM(S) INTEGREATION |
| This lesson aligns with Career Connection – Helps students discover their strengths and apply them to careers. This also aligns with Families First in that is allows students to explore careers that support families and to become strong family members and leaders for today and tomorrow. |
| FCCLA CAREER PATHWAY INTEGRATION  *What Career Pathway(s) does your lesson align with and how did you integrate them?* |
| * Human Services: Family and interpersonal relationships * Education & Training: Mentoring and caregiving roles * Hospitality & Tourism: Service industry-related family roles * Health Science: Healthcare and caregiving connections |
| REQUIRED PRIOR KNOWLEDGE |
| Basic understanding of family roles and household responsibilities. Awareness of personal strengths and skills. Some knowledge of FCCLA and its mission (can be introduced at the start) |
| LEARNING OBJECTIVES |
| * Identify responsibilities and traits of a chosen family member * Connect those traits to real-world careers and FCS career pathways * Reflect on personal leadership skills they already use at home or school * Understand how FCCLA’s Career Connection and Families First program supports career and leadership development |
| NATIONAL FCS STANDARDS |
| * 6.1: Analyze roles and responsibilities of parenting * 13.3: Demonstrate communication skills that contribute to positive relationships * 1.2: Analyze potential career choices to determine needed knowledge, skills, and attitudes |
| MATERIALS NEEDED |
| * Whiteboard or chart paper * Markers * Career Connection: Linking Family Roles to Careers handout * Optional: Stickers, post-its, or mini “I Strengthened My Skills” ribbons/certificates |
| INSTRUCTIONAL STRATEGIES |
| * Icebreaker and personal reflection * Think-Pair-Share * Small group or independent worksheet activity * Whole group discussion and wrap-up * Visual aids and written prompts |
| DIFFERENTIATION/MODIFICATIONS/ACCOMODATIONS |
| * Provide visual examples or sentence starters * Allow drawing or listing instead of writing full sentences * Submit answers in writing instead of sharing aloud * Offer extended time or simplified versions of handout if needed * Encourage multiple means of expression (verbal, visual, written) |
| ACTIVITY #1: Welcome/Icebreaker |
| Students share who they dressed as and why. Prompt: “What makes this family member important in your home?” Builds community and encourages personal reflection. |
| Activity #2: Group Discussion: Family Roles = Career Skills |
| List on board: Caregiver, Organizer, Budgeter, Fixer, Teacher, Cook, Peacekeeper, Listener. Ask: “Which role describes the person you dressed as?” Discuss how those traits relate to real careers (e.g., caregiver → nurse or teacher). |
| Activity #3: Career Connection Chart |
| Students complete a quick worksheet: 1. List their chosen family member's responsibilities 2. Identify 2–3 careers with similar tasks 3. Name a leadership skill this person uses 4. Write how they can strengthen that skill through FCCLA involvement |
| Activity #4: Connect to FCCLA & SPARK Theme |
| Briefly introduce FCCLA’s Career Connection program Ask: “How can our chapter help others explore careers?” Discuss leadership and project opportunities tied to the SPARK theme. |
| CLOSURE AND REFLECTION |
| Recap key point: Family roles develop skills for life, leadership, and work. Challenge: “Find one FCCLA opportunity this week that helps you strengthen a skill your family member uses every day.” |
| EXTENSION IDEAS |
| * Interview the family member you dressed as and learn about their daily challenges, skills, and leadership. * Invite community leaders or parents to speak about how family responsibilities prepared them for their careers. * Create a class video where each student introduces their 'family member' and one life skill they admire in them. |
| SOURCES |
| FCCLA Career Connection National Program  FCCLA Families First National Program |

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