

# Family Biography!

**FAMILY MEMBERS READ THIS** Your son or daughter is learning how emotions can affect people's thoughts and actions. In addition, they are learning how understanding their emotions can help them deal positively with difficult situations. In this activity, you can help them write about a member of the family who dealt with an emotional situation.



Explain to a family member that you are learning how to manage difficult situations that cause strong emotional reactions. You are learning how to think through these situations and make positive decisions—a very important skill in life.

Do research and write one or two paragraphs about a member of your family who faced a tough situation that caused strong emotions and handled it in a great way. Maybe you had a grandfather who served in a war or a great-aunt who had to deal with a serious illness. Interview a member of your family who knew this person. On a separate paper, write one or two paragraphs that answer these questions:

- What was the tough situation that the person faced?
- What emotional challenges did the person face in the situation?
- How did the family member manage those challenges?
- What was the outcome? How did the family member deal with the situation?
- What did the family member learn from the situation?

