

Mahesh Public School

Class VI

Life Skills

Me and my family

Need of strong family in life :

- Creates a sense of belonging for parents and children alike
- Provides security and warmth to each member of the family
- Builds a strong emotional foundation for children
- Gives proper love and compassion to children
- Supports each and every member of family in times of need

Fundamentals of a strong family

- **Together Time:** Spending time together is essential. Try to have at least one meal together.
- **Open Communication:** Creating an environment that allows each and every family member to express his /her views or emotions.
- **Unconditional love:** A sense of affection without any limitations and a realization of the fact that you are always loved.
- **Routines and Rituals** - Routines and rituals create a sense of normalcy, cohesion, belonging, and comfort in today's busy life. It leads to good health among the children.

"Love of the family is life's greatest blessing."

