

# CINDERELLA'S GUIDE TO STEPFAMILIES







**ONE STEP AT A TIME**  
Getting along with my  
STEPFAMILY

One issue I have with my Stepparent is:  
Type here

This is what I am going to do to address it:  
Type here

One issue I have with my Stepsibling is:  
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# CINDERELLA'S GUIDE TO STEPFAMILIES

## Session Objective:

- \*Students will compare and contrast the story of Cinderella to real stepfamilies.
- \*Students will identify ways to improve relationships with stepfamily members.

## Materials:

- \*Pencil
- \*Cinderella's guide to stepfamilies handouts.
- \*Cinderella story page.

## Guiding Questions:

- \*What are some benefits to having a stepfamily?
- \*What are some ways that we can improve our relationship with stepfamily members?
- \*Why is it important to try to get along with step-family members?

## Session Details (about 30 minutes)

\*Cinderella's guide to Stepfamilies activity: "Sometimes when parents' divorce, new people come into our lives. We may get a stepparent or stepsibling. Some kids like having more family members but others can be hesitant to it. One of the most famous stories that involves stepfamilies is the story of Cinderella." Read to students the story of Cinderella page. "Do you think this is a true story? Do you know any stepparents or stepsiblings this bad?" "In real life, (not fairy tales) stepparents are nowhere near this bad, we may not like them because they are not our mother/father, and you do not have to view them in that way, but if we give them a chance, they could become someone who is an important person in our lives. We can learn to live together, and they can even add to our lives. Work through the activity pages to find ways to get to know stepparents and stepsiblings and identify ways to deal with common tough situations stepfamilies run into.

## ASCA Standards Alignment:

- \*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- \*Behavior: Self-management skills: Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities. (B-SMS 10)
- \*Behavior: Social skills: Create relationships with adults that support success (B-SS 3)

## SEL Competencies:

- \*Self-awareness: accurate self-perception.
- \*Relationship skills: relationship building, communication, social engagement.
- \*Social-awareness: respect for others.
- \*Responsible decision-making: solving problems.



Guide to  
STEPFAMILIES



# CINDERELLA



Cinderella's experience with a Stepfamily

Once upon a time, there lived an unhappy young girl. She was unhappy because her father had married another woman, a widow with two daughters, and her stepmother didn't like her one little bit. All the nice things, kind thoughts and loving touches were for her own daughters. And not just the kind thoughts and love, but also dresses, shoes, delicious food, comfy beds, as well as every home comfort. But, for the poor unhappy girl, there was nothing at all. No dresses, only her stepsisters' hand-me-downs. No lovely food dishes, nothing but scraps. No nice rests and comfort. For she had to work hard all day, and only when evening came was, she allowed to sit for a while by the fire, near the cinders. That is how she got her nickname, for everybody called her Cinderella. One day, beautiful new dresses arrived at the house. A ball was to be held and the stepsisters were getting ready to go to it. Cinderella, didn't even dare ask, "What about me?" for she knew very well what the answer to what would be. "You? My dear girl, you're staying at home to wash the dishes, scrub the floors and turn down the beds for your stepsisters. They will come home tired and very sleepy." Cinderella sighed. "Oh dear, I'm so unhappy!"



# QUICK TIPS

## for dealing with STEPFAMILIES

- \*You don't HAVE to like your stepfamily, but you do have to be respectful and civil.
- \*Try to have an open mind. The stepparent may have some qualities you like, if you give them a chance.
- \*No one can replace your mom or dad, but you can allow new people into your life.
- \*You are not betraying the other parent, if you are nice to your stepparent.
- \*Put yourself in your stepparents' shoes, think about how the situation must feel to them.
- \*It's okay to be honest about how much time you want to spend with the new stepfamily members. If you want one on one time with your parent, ask them for it.
- \*Building relationships takes time, give yourself and your stepfamily time to bond and don't expect it to happen right away.
- \*Talk to your stepsiblings, make the first move by being nice to them. You might have similar feelings.

# CINDERELLA



Does the story of "Cinderella" sound like a true story?



Do you know any stepmoms or stepdads this bad?



What are some tough situations that stepfamilies may run into?



What are some ways to deal with these stressors?



# STEPPARENTS

What are some things you like about your stepparent?



What are some ways in which you wish your relationship with your stepparent was different?



I can create a better relationship with my stepparent by.....



Some things that I could suggest to do with my stepparent are....





# STEPSIBLINGS



How do you feel about your stepsister/stepbrother?



What my stepsibling and I have in common...



One thing I like or could get to like about my stepsibling is....



I can improve my relationship with my stepsibling by....

# ONE STEP AT A TIME

## Getting along with my STEPFAMILY

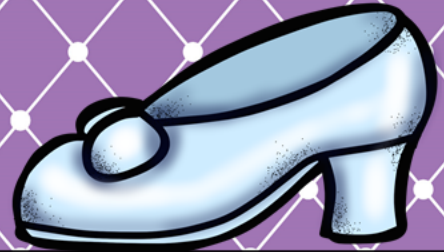
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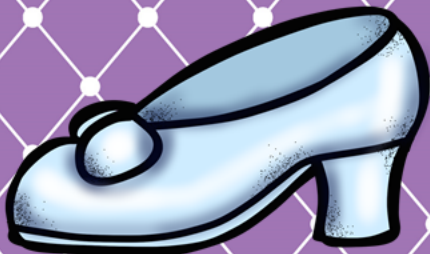
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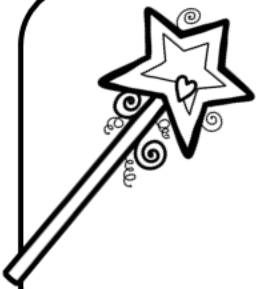
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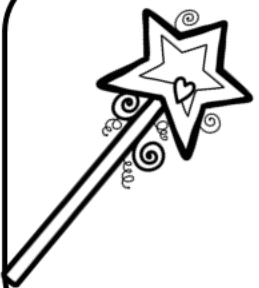
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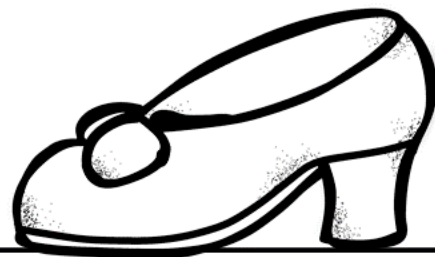


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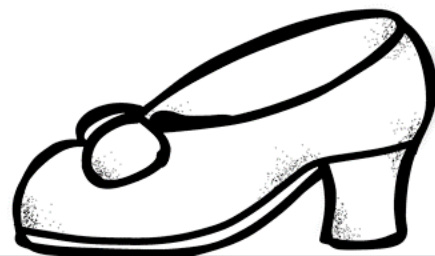
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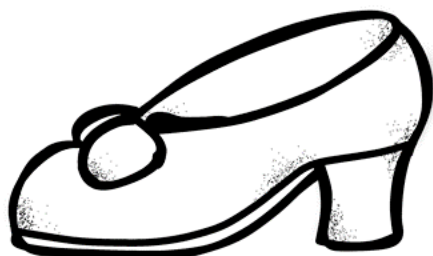
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Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Cinderella's Guide to Stepfamilies](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

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[Getting Started with Google Classroom \(youtube video\)](#)



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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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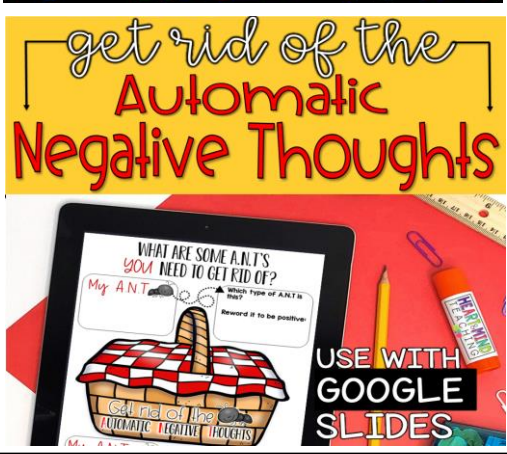
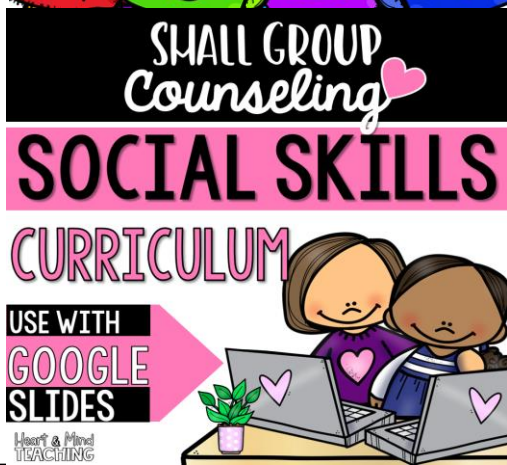
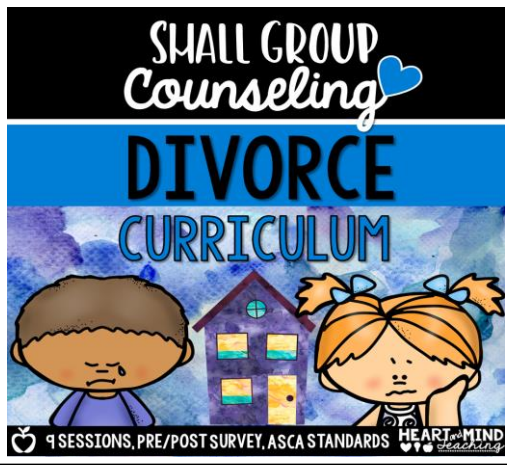
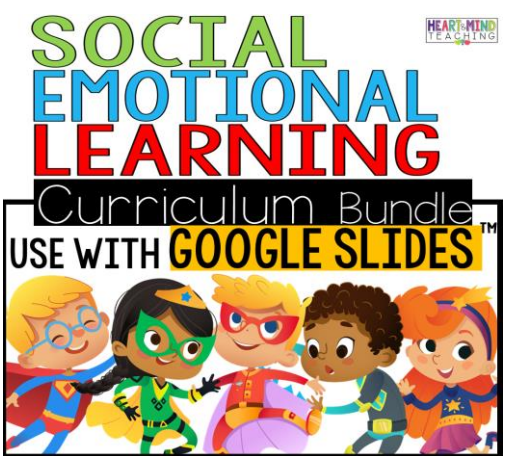
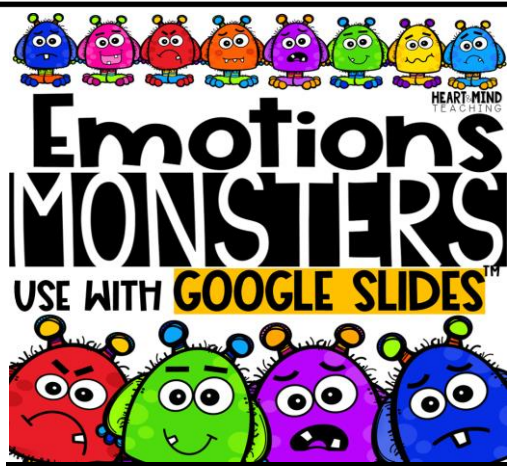
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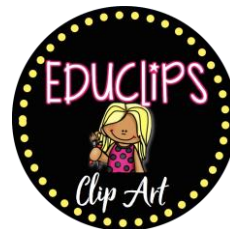
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