

## SESSION 2: SUPPLEMENTARY MATERIALS

# Family Activity Ideas

You can use these family activity ideas to build family bonds and further your family guidelines for underage substance use.

### IT'S IMPORTANT TO ME

Develop a list like the one below. Have each family member circle the five items most important to them. Then exchange lists so that no one knows whose list is whose. Take turns reading the circled items on each list and have family members guess whose list is being read.

*Having lots of friends*

*Having one or two close friends*

*Doing my best at school or work*

*Having time alone*

*Helping others*

*Eating healthy foods*

*Having a hobby*

*Playing sports*

*Getting exercise*

*Sleeping late*

*Wearing nice clothes*

*Watching television*

*Listening to music*

*Laughing*

### RULES FOR OUR PLANET

Your family has just discovered a new planet. You are to name your planet and make the rules for a society that will be happy, healthy, and productive. Your first assignment is to develop laws concerning substance use on your planet. What substances will you allow on your planet, if any, and why? What rules will you have for their use? Discuss how your substance use laws could apply to your current family on Earth.

### GOOD VIBES PICTURES/COLLAGE

Ask your child to think about things that make them feel good, what types of things give them good vibes? This can be laughing with a best friend, scoring a goal, getting a hug from a family member, receiving a good grade on a homework assignment, anything that makes them feel good. Then have everyone in the family draw pictures or make a collage of the things that make them feel good. This activity can support positive and healthy self-talk and also personal reflection.