

## SESSION 5: SUPPLEMENTARY MATERIALS

# Family Activity Ideas

Try these ideas with your family to show appreciation and affection and support the development of new skills.

### I SAW SOMEONE DOING SOMETHING NICE

Give each family member a moment to think back over the last week and remember one nice thing they saw one family member doing for someone else. Then have family members share their stories with one another.

### WALK A MILE IN MY SHOES

In order for family members to share the skills they're learning, have them talk about one new task they are doing for the family. Have them explain their task and show the family how it's done. When family members share what it's like to do what they do, everyone gains a better understanding of everyone else. This strengthens family bonds and can be entertaining and educational! As other family members get interested in taking on new tasks, they can teach each other their new skills.

### STRENGTH BOMBARDMENT

One way of showing appreciation for each other's skills and qualities is to do a "strength bombardment" during a family meeting. Ask for one person to sit in the center of the family circle. Everyone else takes turns telling the person in the center what they appreciate about that person. The person receiving the strength bombardment is allowed to respond in one of these ways, "Thank you," "Thank you, I agree," or "Thanks, I like hearing that. Say it again please." Then each other person takes a turn being in the center.

### APPRECIATION POSTCARDS

Compile blank postcards or pieces of paper. Have every family member write one word that describes something they appreciate about each family member and decorate the postcard to match the word they chose. A variation: Postcards can be written to family members that might not live with you (grandparents, aunts/uncles, cousins, etc.) and actually sent in the mail!

### LOVE CODE

Telling family members they are loved and appreciated is important. Sometimes it's difficult to do this in public or if someone is very shy. Devise a family "code" for "I love you." It may be a code word, a shoulder tap, or a phrase that when shared among family members expresses caring, and appreciation. Try to use your code often. Remember, love is the glue that holds families together.