

20 - 40
Minute
Activity
For
The Entire
Family

Family Reflections

Your family can be made up of a variety of people. People you are related to, people who live with you, friends, pets and the list goes on. When we consider someone family, it means that they have positively impacted our life and support us. No matter who you identify as part of your family, it is easy to forget to share gratitude for the most important people in our lives. Designating time for you and your family to reflect on the experiences you've shared together can deepen your relationships and understanding of one another. It can also help to resolve conflict. This weekend, reach out to your family (whoever they are) and express your gratitude using this activity.

Sample Family Reflection Questions:

1. What words would you use to describe yourself and your family? - **BLUE**
2. What was an impactful family experience for you and why? - **RED**
3. What is a funny family memory and why? - **YELLOW**
4. How does your family support you and how does that make you feel? - **ORANGE**
5. What are you proud of your family for and why? - **GREEN**

Example Objects:

Candy (*Skittles, M&M's, etc. come in combinations of five colours*), T-Shirts, Socks, Pencil Crayons, Markers, Crayons, Little Toys, Lego or various forms of blocks.

Match the objects with the colours you assigned to your questions. If you can't find enough objects to represent your chosen colours, simply change the colours of your questions to match what objects you have available.

Reflection Questions:

- How did this activity make you feel? Why?
- Were you surprised by any of your family's answers?
- Did you learn anything new about your family from this activity?

Activity:

- Create 5 questions you want to ask your family and assign each question one colour. **Please refer to Sample Reflection Questions.**
- Brainstorm objects you have that are the same as the colours you assigned your questions (10 – 15 objects per colour). **Please refer to Example Objects.**
- Gather as family in a central space, around the dinner table following a meal, in the living room, etc.

If you don't live with your family, try an online platform or group phone call.

- Have each member of the family take a handful of candies or coloured objects from a bowl, the floor, a box, etc. Each person should take approx. 10 - 15 objects.
- Explain that each coloured object represents a different question and that each object represents one answer. For example, if you have four green objects, you must share four answers for the green question, etc.
- Give each member of the family the chance to reflect and share their answer to the questions correlated with their colours. *If you are using candy, people can eat their candy after they answer a question.*

Materials Needed:

- Coloured candy or objects
- Designated time to meet as a family (in person or online)