



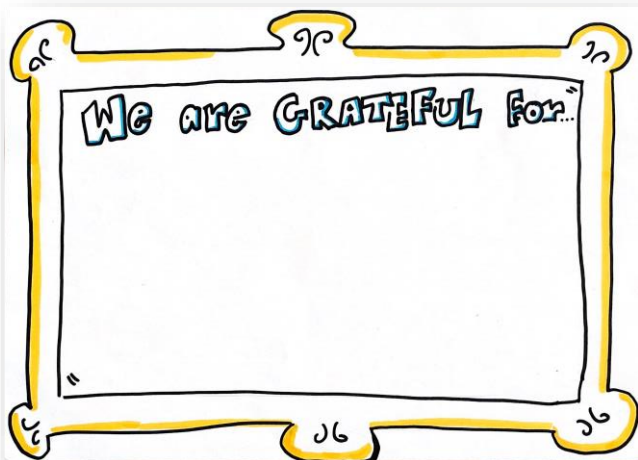
Activities for Families

Welcome

We hope that these activities can help you to build resilience, encourage open talking, notice and celebrate your strengths, and bring you closer together as a family.

Grateful Poster

Creating a grateful poster is simply a way to keep track of the good things in life, even the tiny things. Noticing something you are grateful for just for a few moments a day can help you to feel happier and focus on what is really important to you. Doing this shared poster as a family can help you to learn more about each other.



How to:

1. On a piece of paper design a title. Make it bright and colourful!
2. Try at least once a day to add something to the poster. You could write or draw it straight on, or you could add it on post it notes.
3. Find a time where the whole family share their addition to the poster, maybe just before bedtime or after dinner.

Helpful Hint: You could try a grateful page in a family book; maybe add the post it notes to a grateful jar, take a photo of something you feel grateful for and make it part of your dinner time conversation....

Family Island

The aim is to create an imaginary island for your family. As an imaginary island it can be created however you would like to. You could draw it together; make it out of recycling; create it with your toys... let your imagination take you there!



Think about and discuss:

What would it look like?
What would it be like?
What would it feel like?
Are there any rules there?
What do you do there?
Are you different there?
Do you have any visitors?
How does your island make you feel?



When you feel you have reached the end of creating your island, take some time and agree together if there are elements from this imaginary place that you could bring into your everyday life.

- Are there things you would like to do more/less of?
- Are there new things you could try as a family?
- Is there anything you have learnt from making your island?



Family Tree of Strengths

Focusing on strengths helps us to raise self-esteem and build resilience.

Sharing and celebrating our strengths, both as individuals and as a family, can help to build unity and bring everyone together.



How to:

1. Draw or make a tree shape (*top tip* – draw around your hand for the branches and your arm for the trunk)
2. Cut out, make or draw leaves.
3. On each leaf write or draw something that you or someone else is really good at, something you like or admire about them, or a positive quality you think they have.
4. Try to fill your tree with all the family's gifts and strengths.
5. When you have finished take a moment to admire your creation and notice how it makes you feel.

You could try this activity while on a family walk and collect twigs and fallen leaves to make your own tree. You could take them home or simply make your tree and leave it somewhere for others to see!



Family place or name cards

Creating a family place or name card is all about showing each other in the family that you value them and know what is important to them.

Giving someone a thoughtful gift has a positive effect on both the giver and the recipient of the gift, giving everyone a little boost.



There is no right or wrong way to make these cards, so be as creative as you like! The aim is to show how much you appreciate each other.



How to:

1. Decide what you want to use them for.

Could they be place mats or place settings at the dinner table?

Could they be put on your bedroom door? Could they be framed and put on the wall?

2. Depending on what you chose above: cut out the card/paper enough for everyone to have one each. Everyone need to pull a name out of a hat to see who you will make one for.

3. You then need to find out or think about the things that the family member likes. What is their favourite colour, animal, hobby etc?

4. Make a really special name page including all their favourite things.

