

Family Question Cards (1 of 2)

Cut along the dashed lines. Take turns drawing a card. Anyone can pass.

WARM-UP	WARM-UP	WARM-UP
What is the best thing you ate this week?	If our family had a theme song, what would it be? Everyone answers	What animal is most like you, and why?
WARM-UP	WARM-UP	WARM-UP
What would you do with a whole free day and no rules?	What always makes you laugh?	If you had a superpower for one day, what would it be?
FEELINGS	FEELINGS	FEELINGS
What helps you feel calm?	When did you last feel proud of yourself?	What does your body do when you start to get angry?
FEELINGS	FEELINGS	FEELINGS
What is something that worries you sometimes?	When do you feel most loved in our family?	What helps you feel better after a bad day?
MEMORIES	MEMORIES	MEMORIES
What is your favorite family memory?	Tell about a time our family laughed really hard. Everyone answers	Which family tradition do you love most?
MEMORIES	MEMORIES	MEMORIES
What trip or outing will you never forget?	What do you remember from when you were little?	Tell about a time our family got through something hard together.

Family Question Cards (2 of 2)

Cut along the dashed lines. Take turns drawing a card. Anyone can pass.

OUR FAMILY	OUR FAMILY	OUR FAMILY
What is one thing our family does really well? Everyone answers	What is one thing you would change about our mornings?	Who do you go to when you have a problem? Why them?
OUR FAMILY	OUR FAMILY	OUR FAMILY
Which family rule makes sense to you? Which one does not?	What is each person in the family great at? Everyone answers	What do you wish we did together more often?
DREAMS AND THANKS	DREAMS AND THANKS	DREAMS AND THANKS
What are you looking forward to?	What would you like to be really good at someday?	Say one thing you appreciate about the person next to you. Everyone answers
DREAMS AND THANKS	DREAMS AND THANKS	DREAMS AND THANKS
What do you want to try this year?	Where would you like to live someday?	What is one thing you are thankful for today? Everyone answers
TEENS AND GROWN-UPS	TEENS AND GROWN-UPS	TEENS AND GROWN-UPS
What do you wish your family understood about you?	When do you feel most like yourself at home?	What value from our family do you want to keep?
TEENS AND GROWN-UPS	TEENS AND GROWN-UPS	TEENS AND GROWN-UPS
What do you wish we could talk about more openly?	What pressure are you feeling that others might not see?	What did you learn from a mistake you made?

Rose, Thorn and Bud

A family check-in. Each person shares one of each. The next person says back what they heard.

Rose: A high point: something good that happened, or something you are glad about.

Thorn: A low point: something hard, frustrating or sad.

Bud: Something you are looking forward to, or something new starting to grow.

Date _____

Name	Rose	Thorn	Bud

What did we notice? Whose bud can we help with this week?

Our Family Agreements

Family _____ Date _____

What we are good at

Circle the ones that fit, and add your own.

☐ We make each other laugh	☐ We help each other out	☐ We stick together when things are hard
☐ We say sorry and try again	☐ We like doing things together	☐ We cheer each other on
☐ We are kind to other people	☐ We have traditions we love	☐ We can talk about our feelings
☐ We are good at fixing problems	☐ We share	☐ We forgive each other

What we agree to

A few agreements everyone can say yes to. Say what you will do, not only what you will not.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

If we forget an agreement, we will

Signed

_____	_____	_____
_____	_____	_____