

Topic: Relationship Building

Breathe

Grab a family member and share the good vibes! This video guides you through the Five Element Flow to create balance and connection. Great for beginners and all ages. A fun way to breathe deeply while being in motion.



Learn

A weekly family meeting is a great way for parents and kids to stay connected. The video below is an example from HGTV and here's a link for more detailed ideas: <https://centerforparentingeducation.org/library-of-articles/healthy-communication/holding-family-meetings/>



Move

Our lesson today is on Relationship Building.

What could be better for building relationships than a Family Yoga Pose Challenge!

Get ready to giggle 😊



Grow

For a family meeting, what is your welcoming routine?

Give everyone a chance to lead/record the meeting. This will help your kids feel validated and realize that what they think matters.

What is your agenda? Here is an example of some typical family meeting agenda topics:

- What happened last week and next week
- Old stuff or new stuff
- Money stuff (There's always money stuff)
- Something wonderful my family did for me
- Something wonderful I did for my family
- Questions/comments

End each meeting with a fun experience. What would be fun for your family?