

Family Connection



Comfort

Watch

Watch the [video](https://youtu.be/nPopapYHv8o) together (https://youtu.be/nPopapYHv8o).

Discuss

Use these questions to start meaningful conversations about comfort.

- Have you ever had something like Mackenzie's Raffie that brought you comfort?
- How can we comfort one another when we are sad, lonely, or scared?
- Why is comfort important to us as we learn to regulate our emotions?

Activity

Stuffed animals can comfort people who are going through difficult situations or who are feeling lonely. Organize a stuffed animal drive as a family, collect gently used stuffed animals from friends and family, and donate these comforters to a local shelter, police station, or nursing home.