

## Family Connection



### Encouragement

#### Watch

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

#### Discuss

Use these questions to start meaningful conversations about encouragement.

- How do we show encouragement as a family?
- What does it feel like when someone cheers you on or encourages you?
- Who is excellent at offering encouragement to your family?

#### Activity

- Write a letter of thanks to someone who has encouraged you and mail it to them.