

Family Connection



Grit

Watch

Watch the [video](https://youtu.be/j7ags6GLbP0) together (https://youtu.be/j7ags6GLbP0).

Discuss

Use these questions to start meaningful conversations about grit.

- How did Malcolm's decision to join Kathy's book club demonstrate courage and a willingness to step out of his comfort zone?
- Reflecting on Malcolm's experience, have a family discussion about the various ways each member can challenge themselves to step outside their comfort zones in daily life. How do these experiences contribute to personal growth and strengthen family bonds?

Activity

Participate in a family stretching activity.

- Allocate 10 minutes each night for the family to stretch together.
- Chart the progress weekly to track improvements.
- After a month, reflect on your progress. Discuss how this activity relates to stepping out of comfort zones.