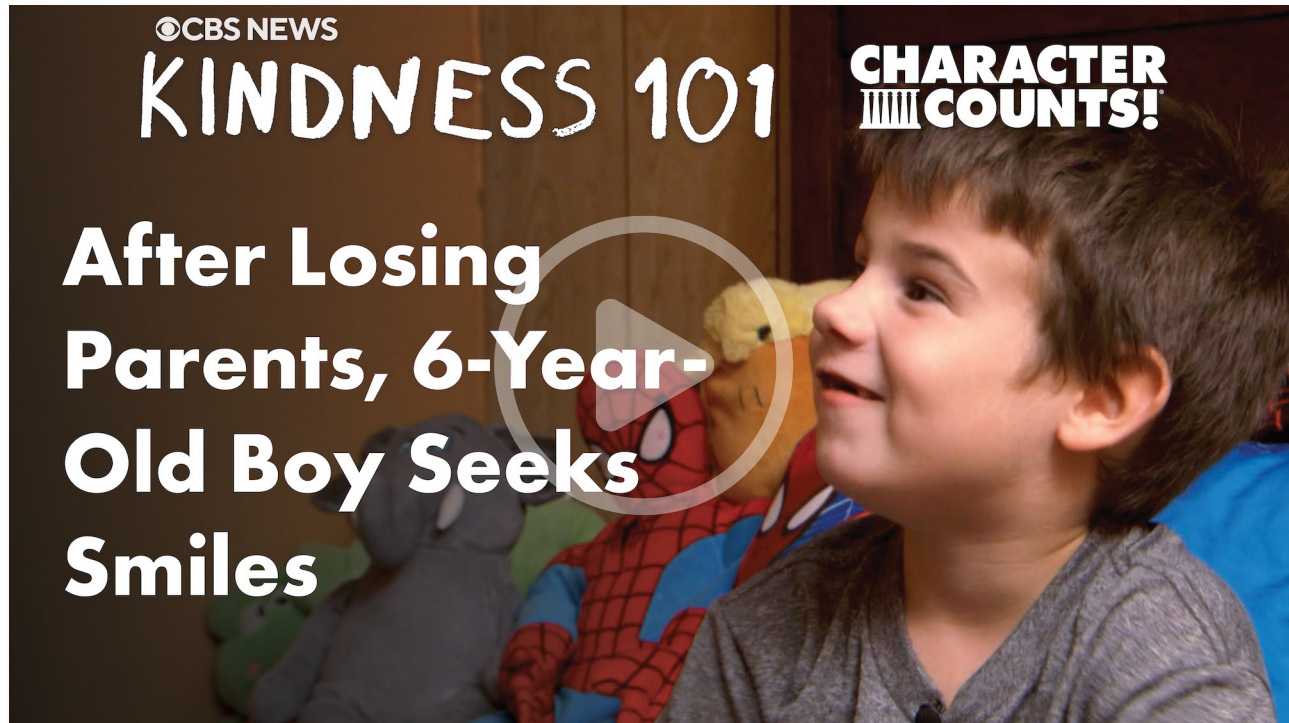


Family Connection



Joy

Watch

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

Discuss

Use these questions to start meaningful conversations about joy.

- What are ways we can spread joy as a family?
- What activities or moments bring each family member joy?

Activity

- Invite someone over for dinner or a game night who may be going through a tough time. Connect with them and bring them joy through companionship and shared experiences.
- Organize a family game night to spread joy within your household. Enjoy some quality time together.