

## Family Connection



### Selflessness

#### Watch

Watch the [video](https://youtu.be/ihrb9n2p46A) together (https://youtu.be/ihrb9n2p46A).

#### Discuss

Use these questions to start meaningful conversations about selflessness.

- Why does Debra choose to feed other people even when struggling financially?
- How can we practice selflessness in our community?

#### Activity

- Collect and donate food to a local food pantry.
- Serve at a local food pantry as a family.