

## Family Connection



### Joy

#### Watch

Watch the [video](https://youtu.be/7J9-ZAvuaSc) together (https://youtu.be/7J9-ZAvuaSc).

#### Discuss

Use these questions to start meaningful conversations about joy.

- What does joy mean to you?
- What brings you joy in our family?
- How can we encourage each other to lean into joy?