

Family Connection



Support

Watch

Watch the [video](https://youtu.be/xaUx8yg0-iM) together (<https://youtu.be/xaUx8yg0-iM>).

Discuss

Use these questions to start meaningful conversations about support.

- How can you show up and show support for each other?
- What are your favorite words or phrases that encourage you? Make a list of the best ways to show praise in your family and put it somewhere as a reminder to say encouraging things to one another.