

Family Connection



Retrospection

Watch

Watch the [video](https://youtu.be/3Oz6padTm_8) together (https://youtu.be/3Oz6padTm_8).

Discuss

Use these questions to start meaningful conversations about retrospection.

- What big events have we experienced together as a family? Think of vacations, birthdays, births of siblings, getting a pet, for starters.
- Think about the details of what happened, the feelings you felt during that event, and what was said.
- What did you learn from the shared experience? How does that impact our family today?
- How can we reflect on experiences more often as a family?