

Family Connection



Playfulness

Watch

Watch the [video](https://youtu.be/czTSCSCpOT4) together (https://youtu.be/czTSCSCpOT4).

Discuss

Use these questions to start meaningful conversations about playfulness.

- How do you notice when someone else in the family is feeling happy or joyful?
- Do you think it's important for our family to do fun things together? Why or why not?
- Each family member finds joy in different things. How can you help encourage each person to find the activity that brings them joy, like Stella and Mabel in the leaves?

Activity

- Give each family member several slips of paper.
- Write down one idea that brings joy to your family on each slip of paper.
 - Examples: telling jokes, playing a family game, or baking a cake together. Assist younger family members with writing their slips.
- Fold the slips in half and collect them all in a jar or basket.
- Pull one slip each week and commit to finding fun together as a family.
- Don't forget to continue adding new ideas!