

Family Connection



Resourcefulness

Watch

Watch the [video](https://youtu.be/3a6oCF4INq8) together (<https://youtu.be/3a6oCF4INq8>).

Discuss

Use these questions to start meaningful conversations about resourcefulness.

- How did this video make you feel?
- How can we practice resourcefulness as a family?
- Why can being resourceful be challenging?

Activity

Try these activities and then reflect on the experience and discuss how each family member can show more empathy for those with different barriers to activities.

- One-sided basketball challenge: play a game of basketball, but you can only use one hand.
- Arts and crafts: each family member paints a picture but cannot use their dominant hand.
- Family volunteer day: plan a day for the family to volunteer to support individuals with disabilities.