

Family Connection



Acceptance

Watch

Watch the [video](https://youtu.be/XDGB5pJUeY) together (https://youtu.be/XDGB5pJUeY).

Discuss

Use these questions to start meaningful conversations about acceptance.

- Have you ever been misunderstood because someone didn't know your full story?
- Why is it important to avoid making assumptions about others?
- How can family members show acceptance and understanding toward one another?

Activity

Play First Thoughts, Second Thoughts as a family.

- One family member shares a situation, such as someone being late, quiet, upset, or making a mistake.
- Everyone writes down the first explanation that comes to mind.
- Then work together to think of at least three other possible explanations.
- Discuss how considering multiple possibilities can help us be more understanding and supportive of others. Conclude by discussing why acceptance begins when we choose understanding over judgment.