

Family Connection



Thoughtfulness

Watch

Watch the [video](https://youtu.be/duzLkl96qUA) together (https://youtu.be/duzLkl96qUA).

Discuss

Use these questions to start meaningful conversations about thoughtfulness.

- What are some thoughtful things family members do for one another?
- How can we become better at noticing what others need?
- Why do thoughtful actions often mean more than expensive gifts?

Activity

- Create a Family Care Package Challenge.
- Each family member secretly chooses another family member.
- Spend a few minutes thinking about that person's interests, needs, and challenges.
- Create a simple paper-based care package that may include encouraging notes, drawings, coupons, or helpful reminders.
- Exchange care packages and discuss which part felt most thoughtful.