

Family Connection



Affirmation

Watch

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

Discuss

Use these questions to start meaningful conversations about affirmation.

- How do family members show affirmation to one another?
- Why is it important to notice and appreciate each other's strengths?
- How can affirmations strengthen family relationships?

Activity

- Create a family affirmation circle. Each family member takes turns sharing one sincere affirmation about another family member.
- For an extra challenge, write affirmations on sticky notes and place them where family members will find them throughout the week. This helps spread encouragement and positivity at home.