

# Connection Activity

## ACTIVITY **4** PROUD AND POSITIVE



**THE INTENTION OF THIS ACTIVITY IS TO RECONNECT YOUR FAMILY. IF YOU TAKE THE OPPORTUNITY TO DO THIS REGULARLY, IT WILL SOON BECOME SECOND NATURE AND CREATE A BETTER ATMOSPHERE IN YOUR HOME.**



**GO FOR A WALK AROUND THE NEIGHBOURHOOD**

Or somewhere quiet and free from outside distractions (a trail or local park for example).



**TAKE A TURN TO THINK OF SOMETHING THAT WOULD MAKE YOUR LOST LOVED ONE PROUD**

While walking, every family member should take a turn to think of something about them that would make their lost loved one proud and share it with everybody.



**EVERYONE SHOULD SAY SOMETHING THAT THEY LIKE ABOUT EVERY FAMILY MEMBER**

Then each family member should say something that they like/love about everybody in their family (including your loved one if you choose to).

**Alternative options:**

Make dinner time a priority for family time, and do this activity each night. You could alternate the questions you ask:

- "What was your favourite part of today?",
- "Name one thing you love about everybody around the table",
- "What's a memory of dad/mum/sibling that you want to share?"
- Any other question that works for your family.