

1. Each person takes each letter in their first name and finds a word that describes them using each letter. For example, Sam might be S – silly, A – athletic, M –mischievous.
2. As a family plan out a healthy meal you will have in the next week. What groceries will you need, when will you have it, who will prepare it?
3. Each person tells a true statement and a false statement about themselves and the others need to guess which one is true.
4. Look through a newspaper or a magazine together and discuss some of the stories you see in it.
5. Everyone write a kind and/or encouraging note for each other person, then fold it up and put their name on it. In the next week plant the notes somewhere so each person will find them.
6. Talk about or role play things you can say if someone offers you drugs or alcohol. Examples are: "I like you, but I don't like drugs," or "It makes me uncomfortable to be around alcohol or drugs."
7. Take a picture or draw a picture of your family or group. Together write a paragraph describing the family or group at this point in time. Save it in a scrapbook or some other safe place.
8. Family collage. Look through magazines and cut out words and pictures that describe your family. Glue them on a large piece of paper and display it somewhere in your home.
9. Family Memories. Grab a photo album and/or some old pictures and talk about what was going on in the pictures.
10. Grab the yearbooks (if you can find them) – parents and kids and talk about what school was like then and what it's like now.
11. Find one of your prized possessions to show your family and tell why it so important to you.
12. Together write a family vision statement that describes what kind of family you want to be. When finished hang it on the fridge as a reminder.
13. Start a gratitude journal. Each member write something you are grateful for. Write in it as often as you like.
14. Fill up two cups half way with water and talk about the statements "the cup is half full" and "the cup is half empty." What way does each person tend to look at the world?