



# empower sessions

## week 9 activity guide- family

<https://youtu.be/N7MPkJwPY1E>

### overview

This Empower Session takes a close look at the importance of connecting with family. Our family can help motivate us to go out and achieve our dreams. During challenging times, our families can be there to support us, make us laugh and play with us.

#### Here are a few reasons why family is so important:

1. Sense of Belonging - Not only do experiences create memories for years to come, they also give family members a stronger sense of belonging. Families bond together and make each member feel important.
2. Reliance - Family can be one of the most reliable support systems. Whether your family is related or chosen from friends that mean a lot to you, having a family to rely on is a great way to feel supported and loved.
3. Happiness - Being around family allows us to be ourselves. If we are able to be ourselves, we are more likely to find and spread happiness.

**Family is so important. Although some people might think of family as just their parents, brothers and sisters- families are so much more! Some families are really big and are all related by blood. Other families are small. Some families aren't all related but are chosen families that came together because they love each other.**

This lesson can be completed in 10 minutes.

### definitions

**Family-** Family can include anyone that we have a strong relationship with, people we trust and people that care as much about our success as their own.

### materials

Paper  
Tape  
Coloring utensils

### family tips

In the video, we talked a lot about family. Below, you will find a few tips on how maintain a strong relationship with your family.

#### 1. Eat together and listen to each other

Good listening conveys a message that a person is interested in another. It also shows a sense of worth and helps develop trust.

#### #2 Play games

Playing games with your family can bring many laughs and conversation to the table. It is a great and easy way to bond.

#### #3 Plan a family outing

Family outings can strengthen relationships because it gives everyone a chance to experience something new together. Experiencing something new is not only exciting but will always stay in our memory.

**There are many ways that we can strengthen our relationship with our families. Keep these tips in mind the next time that you are spending time with yours.**

## activity overview- dream house!

**The goal of this activity is to draw your own dream house while incorporating ideas from anyone that you live with.**

One of the important things to do as part of a family is to listen to each other's ideas and work together. Here are some questions you can ask your family members to learn about their dream house:

1. Where would you like your dream house to be? In a city? On the beach? In the forest?
2. Would you want a big house with lots of space or a smaller cozy house?
3. What special features would you like in a dream house? A pool? A hot tub? A swing set? A gym?
4. Who would live in your dream house?
5. Who would you invite over to your dream house?
6. Would your house have any fun traditions (decorating for Christmas/halloween)?

Once you finish drawing your dream house, show it off to anyone that shared their ideas with you. Encourage them to draw their own dream house to share.

## activity overview- things

**The goal of the activity is collect 10 pieces of paper before anyone else.**

Each round there is one judge and everyone else is a player. You will rotate whose turn it is to be judge.

The judge will share a category or scenario some examples of these are:

- Things you shouldn't do at school
- Things you shouldn't eat
- Things you don't want to find in your bed
- Things you would need on a deserted island
- Things you should do every day
- Things you would see on a road trip
- Things you shouldn't do on a field trip
- Things you don't want to find in the fridge

Then each of the players will write one answer down on a piece of paper and slide it into the middle of the table. When everyone has added an answer, the judge will shuffle them up and read each one. Then they will guess who submitted each of the answers. If they get it right, the judge gets to keep that piece of paper.

The more people that you can get to play along, the better. Have fun!

## dinnertime conversation starters

- What's your favorite food?
- What's your dream job?
- What was the best meal you ever ate?
- Where do you want to live when you retire?
- What's your favorite sport to watch on TV?
- What is or was your favorite subject in school?
- If you could plan a dinner party with anyone in the world, who would you want to attend?

## bonus activity- family talent show

**Have each family member perform a talent in front of the whole group.**

Even people who think they don't have talents should be able to come up with something.

Here are a few ideas to get you started:

- Sing a song
- Do a theatrical reading
- Recite a poem from memory
- Perform a skit with one or more family members (i.e. Who's on First by Abbott and Costello)
- Juggle
- Play an instrument
- Do a dance (individual or with a partner)

Quick tip: You can record performances with a video camera and watch at a future family reunion!

## other resources

Invite your family along on a virtual tour of some of the most famous museums in the world! Check out [this article](#) by [Timeout](#) to select the museum that you would like to visit.