

Stuck at Home?



10 Ways to Engage & Support Your Family



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Instructions

Make special time with your family for connecting through engaging, fun conversations.

You'll find here ten activities that are easy to do, that feel heartwarming as you do them, and that create precious times with your family.

Each activity has two parts:

- 1. Warm-Up:** This helps people relax and get focused.
- 2. The Main Activity:** This helps people talk, share, imagine, and create together.

Consider doing these activities once or twice a week or even every day for ten days in a row.



1

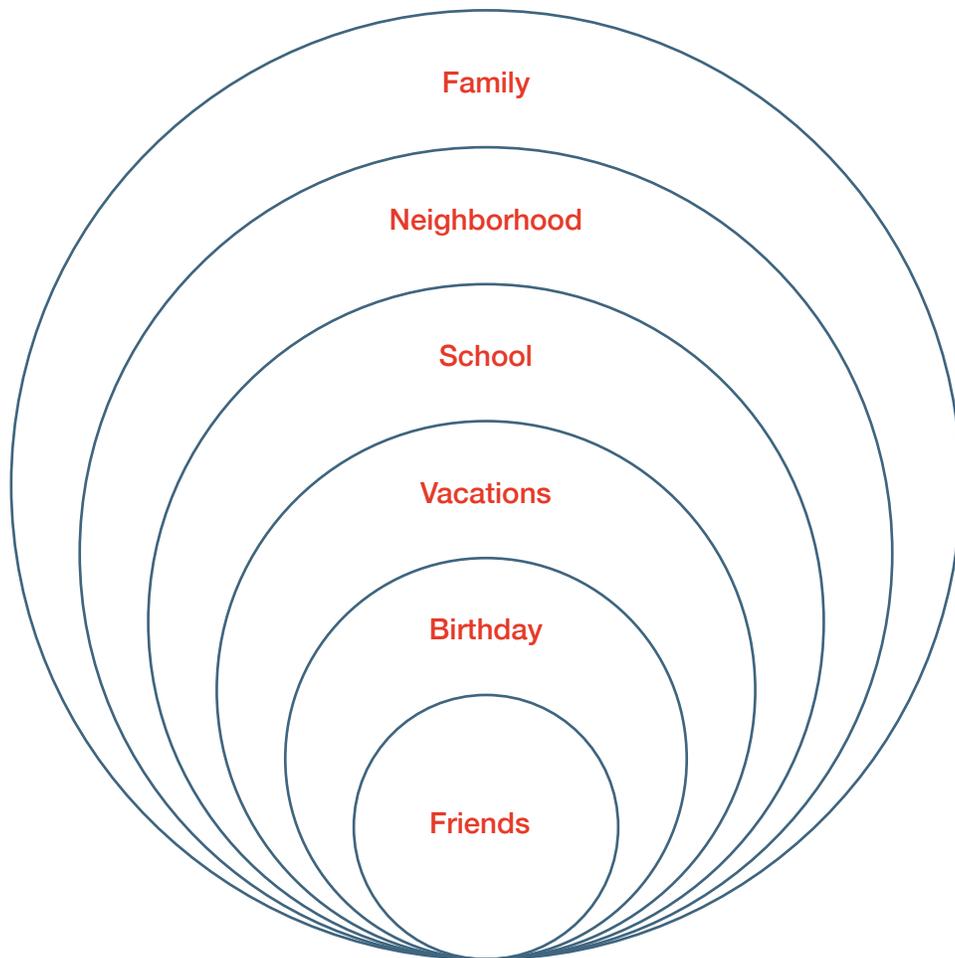
Circles and Feelings

Warm-Up

Make a NOISE that expresses how you feel about the day today. Then, take turns explaining it to one another.

Main Activity

Think of feelings you have about each word below. Write them in the circle that has the word in it. Everyone takes a turn.



Afterward, discuss:

- Which feelings do we share? Were any feelings unique to one person more than others?



2

Do you agree?

Warm-Up

To let off steam, teach each other a physical exercise, and then do the exercises together.

Main Activity

Discuss these questions and make sure you share your reasons for your answers:

1. Is it better to be old or young?
2. Is it better to be a noisy or quiet person?
3. Would you rather spend spare time doing something alone or with other people?

Afterward:

- Tell each other something you heard that you really liked.
- Tell each other something you heard that surprised you.
- Then, thank each other for sharing!



3

Our Family Talk Show

Warm-Up

Brainstorm how many different kinds of cereal you can think of in three minutes.

If you were to put a new cereal on the market, what would be in it and what would you call it?

- We would call it _____
- It would be chock full of _____

Main Activity

Pretend you are on a talk show. Decide who you are and what you're going to talk about (such as a singer talking about being in the music business, a teacher talking about favorite students, a video game player talking about a favorite game, an athlete talking about how they built their skills, your own idea)

Go around and have everyone give their responses:

"I'm going to be a _____ and talk about _____,"

Then, decide who is the first host. You can trade off if you like. The host interviews each person on the topic they chose. Each interview should last at least 3 minutes!

Afterward,

- Share with each other highlights.
- What did you learn about each other from these interviews?
- What surprised you?
- Give a round of applause to people who played host!



4

Surprising Each Other

Warm-Up

Think of one time when you were very surprised. Tell each other about it.

Main Activity

Plan a happy surprise for each person in your group, for instance, putting a dollar under their pillow, everyone wearing their pajamas to dinner, the kids insisting on doing the dinner dishes, etc.)

Here's how it works:

- One person at a time leaves the room. The people remaining in the room have 3 minutes to plan a happy surprise for that person, one that they can do immediately or plan to do later.
- Then, call that person back into the room, and another person leaves while the group plans a happy surprise for them. And so on until everyone gets a turn.
- Then, be sure to follow through with your surprises.



5

The Family Tree

Warm-Up

Write the first names of everybody in your family. Next to their name, think of a place he or she could visit, something that could be bought there and something to eat. But, every idea must begin with the same letter as the person's name! Example: Ned will go to Nebraska where he will buy napkins and he will eat noodles.

- _____ will go to _____ to buy _____ and eat _____.
- _____ will go to _____ to buy _____ and eat _____.
- _____ will go to _____ to buy _____ and eat _____.
- _____ will go to _____ to buy _____ and eat _____.

Main Activity

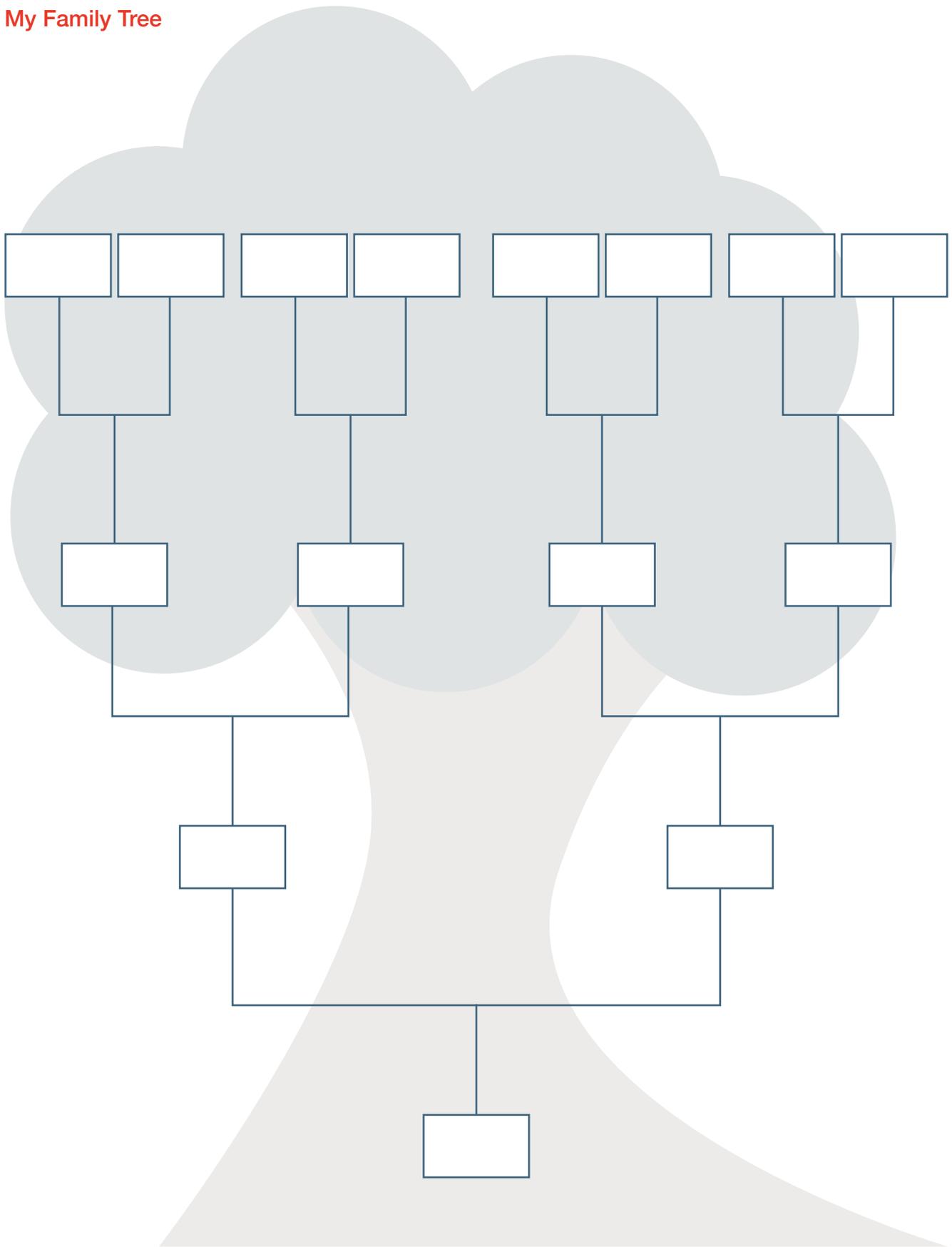
Create a FAMILY TREE. On the tree, put the names of grandparents, aunts, uncles, cousins. (If you have a large family, you may need to make another family tree.)

Younger Person: If you don't know the people on your family tree, ask your Older Person to look for pictures of them. Ask questions, such as:

1. Is the person related to me?
2. Is he/she living or dead?
3. What do you remember best about him/her?
4. How am I like him/her? How am I different?



My Family Tree



6

Who to Go To

Warm-Up

Each of you, talk about a really good time you had in the last week. Make sure each person has at least 1 minute to talk.

Main Activity

FAMILY MEMBERS... Discuss who you would go to in your family for:

1. A good meal
2. A good laugh
3. Some good advice
4. A nice present
5. A favor
6. A compliment
7. The right spelling for a word
8. Help in finding something
9. Money
10. The latest dance step
11. A hug

Afterward, everyone takes a turn saying something they would like others to ask them to do. Because they think they can do a good job of it.



7

Presents

Warm-Up

Tell each other about a birthday present you'll never forget.

Main Activity

Imagine it's your birthday. How would you feel if you got as a birthday gift each thing in the boxes below? Would you be happy or disappointed? Someone writes the initials of each person under the face he or she would make getting each thing as a gift.

Can of Spinach



A Free Trip to the Dentist



A Pet Monkey



Weight Loss Pills



500 Bananas



A Set of Drums



A New Computer



A Week's Vacation



Now ... Each person thinks of a gift you would like to get and find out how many other people would be happy to receive that same gift.

Name of Gift	# of People



8

Famous People I Would Like to Meet

Warm-Up

Imagine that a movie is being made of your life. Each of you think of a good title for a movie about your life. Then, tell each other the title you chose and why you chose it.

Main Activity

1. Each of you write down the names of 3 famous people you would like to meet.
2. Fill each other in on what you know about each person you picked. Tell why you want to meet them too!
3. Imagine that all of these famous people are trapped in a subway train underground. What do you think would happen?



9

One Year Ends, Another Begins

Warm-Up

Tell each other:

1. Two things that happened last year that made you happy
2. Two things that happened when you were very young that you will never forget.

Main Activity

Now, think of THIS year. Go around and have each person take a turn with each question:

- What is one thing you hope will happen this year?
- What is one thing you hope will not happen this year?
- What is one thing you would like to learn this year?
- Discuss your answers with each other.



10

Appreciating Each Other

Warm-Up

Sit in a circle. Each person thinks of 3 things he or she can do well. Go around 3 times. Each person begins with “I’m very good at _____” or “I can _____ very well.”

Main Activity

Sit in a circle. One person at a time turns their back on the others for two minutes. During those two minutes, the rest of the group thinks of all the things they like about the person whose back is turned. The group talks about these out loud. The person whose back is turned is not allowed to talk or ask questions or reply in any way. Just listen! (and no wise cracks or smart remarks!)

Make sure to give each person a turn!

Hint-Hint: We know this can be embarrassing and somewhat uncomfortable. Do it anyway. It feels great and builds relationships.



Thank you!

If you found these activities valuable, we invite you to explore:

- [HeartBeat](#): *free* e-newsletter packed with tools and inspiration
- [Resource Library](#): *free* access to PX articles and white papers
- [Language of Caring Programs](#) for creating cultures of caring and achieving communication excellence.
- [Planetree International](#) consulting and globally adopted person-centered care certification program.
- [2020 International Conference](#) on Person-Centered Care; October 18-21



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