

Materials	Items for activities of choice
Learning Outcome	Develop relationship skills by choosing an activity to participate in with others in your family.

Description

It can be difficult for youth to connect with family members they live with. Invite the youth to think about activities that can be done together. This could be an activity or skill that you could share with them or an activity or skill they would like to share with you.

Explain to the youth that they should select an activity of their choice that can be completed with at least one other family member. For example, it can be playing a card game, making a dance routine, going through family pictures, baking their favourite muffins, or playing a game of basketball.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- How did you feel during the activity? How do you think your family member(s) felt?
- Can you think of other activities that you can do to connect with your family members?