



# Connection Activities

ACTIVITY

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## Movie Night

★ **Select** a Disney movie to watch as a family.

- The Lion King
- Finding Nemo
- Big Hero Six
- Brother Bear
- Bambi
- The Good Dinosaur
- Coco
- Frozen
- Mary Poppins 2
- Inside Out

★ **Create a space** that's inviting and calm.

- Lay out pillows and blankets
- Get snacks
- Build a cubby
- Light some candles
- Bring your favourite toy

★ **Watch** the movie with the family.

Watch the movie together with no distractions such as personal devices

★ **Debrief** - family conversation about the movie.

Within 24hrs of watching the movie, use the questions below to have a family conversation. This can be done while eating, walking or cooking.

1. How did you relate to the main character?
2. How did you feel when the main character lost their loved one?
3. How did the loss of the main characters loved one influence their life positively and negative? Have you experienced anything similar?
4. How did the main character(s) deal with their grief?
5. What did you learn from this movie?
6. What is something positive you could do in your life after grieving?

★ Each family member **writes a Self-Care list**.

Each family member writes a list of ways they like to self-care when they are feeling low, here are some suggestions.

- Drawing
- Taking the dog for a walk
- Relaxing in the bath

Then select one self-care strategy to complete over the weekend.