

Connection Activity



ACTIVITY

4

Proud and Positive

★ **The intention of this activity is to reconnect your family. If you take the opportunity to do this regularly, it will soon become second nature and create a better atmosphere in your home.**

★ **Go for a walk around the neighbourhood**

Or somewhere quiet and free from outside distractions (a trail or local park for example).

★ **Take a turn to think of something that would make your lost loved one proud**

While walking, every family member should take a turn to think of something about them that would make their lost loved one proud and share it with everybody.

★ **Everyone should say something that they like about every family member**

Then each family member should say something that they like/love about everybody in their family (including your loved one if you choose to).

Alternative options:

Make dinner time a priority for family time, and do this activity each night. You could alternate the questions you ask:

- “what was your favourite part of today?”,
- “name one thing you love about everybody around the table”,
- “what’s a memory of dad/mum/sibling that you want to share?”
- Any other question that works for your family.