### FAMILY CONVERSATION STARTERS

- What has been the best part of your week so far? What made it so good?
- What has been the worst part of your week so far? What made it so bad?
- Have you been upset about anything lately? How did you handle it? Is there a way you could have handled it better?
- How many different feelings (emotions) have you experienced today?
- What is the most exciting thing you have heard recently?
- What made you laugh today?

### HOW TO SPREAD POSITIVITY

- post a thank you on your mailbox
- send care packet to an older family member
- chalk a positive message on your sidewalk
- support local businesses
- have a dance party
- put on a show for grandparents or family
- make a video and send to family and friends
- have a parade for someone’s birthday
- make encouraging signs for neighbors
- give someone a gift card to a local restaurant or coffee shop
MENTAL HEALTH CHECK-IN

Sometimes it’s hard to talk about your feelings in words, especially for young kids -- use this chart as a check-in for the family.

- **I’m great**
- **I’m okay**
- **I’m meh**
- **I’m struggling**
- **I’m having a really hard time**
- **I’m in a really dark place**
POSITIVE WORDS WORD SEARCH

invincible  delightful  beautiful  kindness
creative    adaptable  accepted  amazing
excited     thankful   peace     bright
great       kind       brave    calm
balance     lovely     love      joy

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balance     lovely     love      joy
FAMILY LOVE LETTERS

Cut and fill out these cute love letters and leave them around the house for your family!

You bring something special to the family by...

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

I admire how you...

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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I CHERISH YOU BECAUSE...

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3 things I love about you...

1. _________________________________________________________________
2. _________________________________________________________________
3. _________________________________________________________________

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Breathe
TODAY IS GOING TO BE AWESOME