PURPOSE

- Establish open communication
- Share anything you want with the family
- Share an alternative option to communicating verbally

OBJECTIVE

- Encourage communication within family members
- Promotes family members to stay involved and knowledgeable about what others in the household are doing and how they are feeling
- Encourage trust

INSTRUCTIONS

Materials

- Journal
- Pencil, pen
- Stickers

Assembly

1. Title your journal as you wish (ex. Family Jones Journal)
2. Start writing

Application

- Make a family meeting to share how the journal will be used. You may choose to have a journal from parents/caregivers to all family OR a journal that individual children will share with the parents/caregivers
- Ideas of what the journal can include are: what you are grateful for, thoughts, advice, questions, loving messages, feelings, compliments and apologies
- Young members can be encouraged to participate by adding illustrations

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

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