

Family Wellbeing Worksheet

Foundations of Connection and Growth

Purpose: This worksheet is designed to help families explore and strengthen their connections, build emotional resilience, and create a supportive environment. With activities and prompts for meaningful conversations and reflections, this guide is accessible for families of all sizes and ages.

Set Up and Materials: Each family member should have something to write on and with, suited to their preferences and abilities. Set aside space for individual reflection and gather as a family for group discussions.

Family Values Exploration: Gather as a family and discuss the following questions. Write down your responses together. This activity helps identify what matters most to your family.

- What values do we cherish as a family? (e.g., kindness, honesty, respect)
- Why are these values important to us?
- How can we show these values in our daily lives?
- How do we handle situations when our values are challenged?
- What new value would we like to incorporate into our family culture?
- How can we ensure everyone feels comfortable sharing their values?

Strengths and Support Inventory: Each family member will take time on their own to reflect on their individual strengths and how they contribute to your family. Then, come back together share your thoughts with one another.

- What strengths and skills do I bring to the family?
- In what ways do I help solve problems within the family?
- What unique qualities does each family member contribute?
- How does each family member support one another?
- How do we encourage each other to use our strengths?
- What is one strength I admire in another family member?

Daily Connection Practice: Choose one day a week for a “Connection Day,” where each family member commits to a specific action that strengthens family bonds. Write down your plans and reflect after each week. Examples include:

- Share one thing I appreciate about each family member.
- Plan a family activity or game night.
- Take turns cooking a meal together.

Emotions Check-In: Use a simple scale to check in with each other’s emotions. Rate your feelings from 1-5 (1 = not okay, 5 = great). Then discuss as a family:

- What contributed to your rating today?
- How can we support each other tomorrow?

Family Goal Setting: Come together to set one family goal for the month. Write down the goal and steps to achieve it, and place it somewhere visible. Discuss how you can support one another in reaching this goal.

Reflection and Appreciation: At the end of the month, gather as a family to reflect on your experiences and progress. Discuss what you learned and what you appreciate about each other.

- What did we achieve together this month?
- How did we support each other?
- What did we learn about ourselves and each other?
- I appreciate _____ because _____.
- I learned that _____.

By engaging in these activities, you foster a supportive and nurturing environment for your family. Regularly practicing these conversations and reflections can enhance your family’s emotional resilience and strengthen your connections. Feel free to revisit this worksheet as often as needed to continue growing together!

