

Mental Brew | Mind & Me, Co.

The Family Connection Kit

Free Wellness Activities for Families

Use these simple activities to create opportunities for conversation, encouragement, creativity, and connection. Choose one activity at a time and make it your own.

♥■ 1. Family Gratitude Challenge

Together, name three things your family is grateful for. Then choose one person in the family to thank or encourage today.

Our three gratitude moments:

■ 2. Conversation Starter Cards

Take turns answering: What made you smile this week? What is something you are proud of? What is one thing you would like help with? What is something you want our family to do together?

Something I want my family to know:

Family Check-In

Use these questions once a week to create a regular space for connection.

What went well for our family this week?

What was difficult or stressful?

What support do we need from one another?

What is one thing we can do together next week?

Remember: Small moments of listening, encouragement, laughter, and presence can strengthen family connection.

Keep going: Want more guided wellness activities? Explore Mental Brew's upcoming workshops, classes, and enrichment programs.

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These activities are for educational and wellness purposes and are not a substitute for professional mental health care.