

CREATE A JUMBLE JAR

KEEP FAMILIES CONNECTED

Keep connected at family meal times by taking it in turns to pull conversation starters (jumbles) from a jar and discuss everyone's answer.

After your kids answer, reflect back to them what they've said - this will help them know you've listened and understood them (e.g. 'I hear you saying you're proud of finishing that puzzle because it was a hard thing to do.').



SOME IDEAS TO JUMP-START DISCUSSIONS:

Something I used to be scared of but now I like is _____.

When I'm all alone, I pretend I'm a _____ because then I can do this _____.

If our family could have any pet in the world, I would choose a _____, because _____.

I dream of doing this with my friends: _____.

One of the things I like most about this family is _____.

One thing I would like to hear more of in our family is _____.

If I could plan a family trip anywhere it would be to _____ and we would do _____.

One thing I would like to do more with my family when we are at home is _____.

One thing I am proud of about myself is _____.

If today had a colour it would be _____, because _____.

One thing I'd like to learn to do some day is _____.

One thing I am good at now that I wasn't last year is _____.