

FAMILY

DISCOVERY KIT

Have you ever taken the time to discover what's unique and special about your family? Whether you have or haven't, your family is growing and changing, so discovering who you are is always a good idea. Sit down, take a look at your calendar, and choose some time for everyone to get together for some bonding, learning, and fun!

Within each step, there are several suggested activities. You can pick and choose which activities fit you best. You may need to find several nights or meal times to complete all three steps. Commit to family discovery regardless of what may "come up." (Because we all know something is going to "come up," right?!) Make a sign or write the date(s) somewhere prominent so everyone can plan for some Discovery Fun.

Our First Family Discovery Date will be:

Our Second Family Discovery Date will be:

Our Third Family Discovery Date will be:

STEP 1:

PUTTING THE U IN YOU

Discovering what makes YOU unique.

1. Have everyone answer the following questions. If someone gives an unexpected response, ask them to explain. Would you rather . . .

- Go a month without internet or go a month without bathing?
- Only be able to whisper or only be able to shout?
- Own a dangerous fire-breathing dragon or BE a dangerous fire-breathing dragon?
- Have a self-driving car or a spaceship?
- Have bananas for fingers or bananas for toes?

2. Have each family member look around the house for one item that represents them best. Ask them to explain why they chose their item.

3. Now, have each family member answer the following questions:

- If you had \$100 that you had to spend tonight, what would you buy and why?
- If I could be any other person for a day, it would be _____. Why?
- If you had one super power, what would be and why?
- If your life were a book, movie, or TV show, what would the title be and why?
- If you had to describe yourself in three words, what would you choose and why?

4. Plan a meal of favorites. Cook at home or head to a restaurant. Have each person order or make their favorite food, then have them explain why they like it so much.

5. Grab a bag of M&Ms for dessert. Give each person 10 M&Ms. Before they eat one, they have to give a response based on the candy color. Here's the color guide:

- Red: something you are looking forward to
- Brown: something you do very well
- Yellow: something that makes you happy
- Orange: something you want to get better at
- Green: favorite movie, book, or TV show
- Blue: something you learned this past year

Before moving on, spend some time taking turns telling one another the most unique and special thing about them.

STEP 2:

BETTER TOGETHER

Discovering what makes YOUR FAMILY unique.

1. Take turns sharing your favorite family memory. This could be a vacation, a party, or just a special night you shared as a family. The only requirement is that the memory has to involve the entire family!

2. Let one person fill in each blank for the following:

- Our family is happiest when _____.
- Our family is different than other families because we _____.
- Our family annoys me when _____.
- Our family celebrates _____.
- My favorite thing about our family is _____.

3. Have a group discussion over the following questions:

- What are we doing really well as a family?
- What could we get better at as a family?
- What does our family need to spend more time on?
What does our family need to spend less time on?
- How is our family unique?
- If we were the family that we wanted to be, what kinds of things would be we saying? What kinds of things would we be doing?

4. Now, grab a sheet of paper and have everyone come up with one word that describes your family. Write those words down and display them somewhere in your house to remind all of you how special your family is.

STEP 3:

PLAN TO PRESERVE

Discovering new ways TO LEAD your family's uniqueness.

Get ready for step three by giving a little family homework assignment. Ask each person to think of two or three principles that your family values. In other words, what's important to your family? It could be . . .

- Fun
- Determiation
- Friendliness
- Faith
- Adventure
- Creativity
- Discipline
- or something else

1. Ask your family to write their ideas down and bring them to your next family hangout. (Hint: plan your next family hangout!)

2. The next time you meet up as a family, ask everyone to share the principles they chose and ask them to explain why. Take each principle that was repeated among the family and write them on a sheet of paper. Narrow them down to three (if you can!). Explain that each principle is important, but you are choosing certain ones that your family wants to passionately pursue.

3 Principles:

3. Using the three principles you selected above, work together to write a family purpose statement. It can be one sentence or it can be ten sentences. It doesn't have to be perfect, and it may change over time. But let this purpose statement drive your family for the foreseeable future, preserving your uniqueness and anchoring your love and respect for one another.

Our Family Purpose Statement:
