

15.

Filling the Family Resource Box

OBJECTIVE: Identify and appreciate the assets that each member contributes.

TIME: 10 - 15 minutes

MATERIALS:

A box for each couple or family (shoe box or comparable size)
Slips of colored paper and pens

NOTE TO TRAINER:

If you have time, you can cover the boxes ahead of time to look more attractive.

TALKING POINTS:

Discuss how we all take from our family's resources for breakfast, bus money, attention, help, and so on. Point out, too, that we all must keep putting resources into it. It is important for everyone in a family to bring good things home. This does not mean just money and objects. We don't mean that kids need to go out and get jobs. Family members contribute many different kinds of resources. Everyday, each of us can contribute many small things that make it nice to be together. For example, think about giving a smile, a thank you, a flower, a helpful attitude, a helpful act, or a chore. Contributing your good feelings helps the family. Sometimes, you may think that what you do and how you act in a family doesn't make much difference, but it does.

ACTIVITY:

Hold up a family box and ask each person to imagine it contains all their family's resources: home, car, money, food, hugs, cooperation, fun together, and so on.

Ask the couples or families to take a few moments to begin thinking of resources of all kinds that they individually put into the family's resource box. Have them write words or draw pictures on colored slips of paper. Then, they should take turns naming their contributions and putting their papers in the box. They should keep the turns going, offering appreciative responses to each other's contributions and helping others generate ideas. They should be sure that every person appreciates every other person in the family for at least one contribution. Encourage families to do this activity again from time to time.

Adapted, with permission, from Survival Skills for Healthy Families, a family education program developed by Family Wellness Associates. Copyright George Doub 2001.