



## PURPOSE //

- Establish open communication
- Share anything you want with the family
- Share an alternative option to communicating verbally

## OBJECTIVE //

- Encourage communication within family members
- Promotes family members to stay involved and knowledgeable about what others in the household are doing and how they are feeling
- Encourage trust

## INSTRUCTIONS //

### Materials

- Journal
- Pencil, pen
- Stickers

### Assembly

1. Title your journal as you wish (ex. Family Jones Journal)
2. Start writing

### Application

- Make a family meeting to share how the journal will be used. You may choose to have a journal from parents/caregivers to all family OR a journal that individual children will share with the parents/caregivers
- Ideas of what the journal can include are: what you are grateful for, thoughts, advice, questions, loving messages, feelings, compliments and apologies
- Young members can be encouraged to participate by adding illustrations

### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:

