

## STRENGTHENING FAMILY COPING RESOURCES

### Module One: Session Two – *Ritual Family Tree*

Date:

Facilitators present:

1. Family Meal (30 minutes): \_\_\_\_\_

Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Remember to be sensitive to and empowering of the caregiver(s).

- Welcome
- Give thanks for those who helped prepare the food and get the room ready
- Introduce Conversation Prompts

Opening Activities: \_\_\_\_\_

- Rules
- Check in with each family
- Review schedule for the evening
- Opening ritual:

2. Growing your tree (45 minutes): \_\_\_\_\_

- Review homework: Scrapbook page, Relative Interview
- Provide “Ritual Family Tree Handout” for families to complete.
- Ritual Family Trees

You have seen other family trees that list the people in each generation, well, we are going to make family ritual trees that trace the rituals, traditions, and routines that are special to your family especially any rituals that celebrate your family heritage. Your Relative Interview may give you some good ideas about what to include.

- Provide craft supplies. Allow 30 – 40 minutes to complete.

3. Sharing a heritage (15 minutes): \_\_\_\_\_

- Facilitate families sharing their ritual family trees with other families in the group
- Have families stand up and share. Take a picture of each family with their tree.

4. Planting a family garden (20 minutes): \_\_\_\_\_

- Help families set up the area for planting – old tablecloths, lay down newspaper, etc
- Introduce activity
  - Now we have a special activity that helps us to think about the way that families work. Each family is going to plant a family garden. You will get a planter and one small plant for each person in your family. Plant all the small plants together in the one container.
  - Read Earth prayer excerpt. Discuss how plants/roots will grow together and influence each other. Talk about how they grow and how plants need taking care of, just like family members.

**\*This guideline is not intended to replace the comprehensive instructions provided in the manual**

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- Community garden
  - Now we will plant a group garden to illustrate the way we have become a community and are growing together. Each family selects a plant and plants it in the multi-family planter.
  - Each family takes home their own planter, while the community garden stays on site.

5. Closing Activities (10 minutes): \_\_\_\_\_

- Thank everyone for taking part in tonight's group
- Check that everything was covered/summary of session
- Share a good thing about each family
- Introduce topic for next week - We will be talking about family routines.
- Review tasks/homework for the following week – To get ready for next week, we want you to keep a diary of your family's activities. You don't have to write in it every day but try to write in it about 3 times during the week. We just want you to think about how you start your day, what you do in the middle of the day, how you do your evening meal, and how you end your day.
- Planning contacts for the week
- Closing ritual:

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