

STRENGTHENING FAMILY COPING RESOURCES

Module Two: Session Seven – *Life Choices*

Date: 11/12/24

Facilitators Present: Priscilla, Ade, Olivia, and Rachel

1. Family Meal: _____

Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Conversation prompts can be helpful. Remember to be sensitive to and empowering of the parent(s).

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

Opening Activities: _____

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

2. Family Timeline (30 minutes): _____

- Homework review –: Provide each family with a minute or two to discuss their success at seeking support. Have them discuss what they did and how it worked.
- Timeline:
 - Give each family “The More Things Change.” Show the Family Timeline Example to let the families know what a timeline looks like.
 - Direct families to construct their own family timeline, starting with the birth of the first child or when the parent(s) started planning a family.
 - To begin, each family makes a list of important events on labels or postcards. Family members make a small sign using the labels/postcards to represent each event. Families put these events on the poster board in the order of their occurrence.
 - Have families place “today” about $\frac{3}{4}$ of the way across the poster leaving room for the future (don’t allow them to start this portion yet, it will be completed later).
 - Allow families about 20 minutes to complete.

2. Life Choices (30 minutes): _____

- Adults _____: Handout “Life Choices.” Help parents recognize the importance of deliberate planning by discussing their own life choices and their satisfaction with their current family life. To encourage participation, you might ask each group member to tell what their life plans were at each stage of development. After about 15 minutes, handout “Path to my Future” worksheet and have parents complete it.
- Adolescents _____: Handout “Life Choices – Adolescent Version.” Lead adolescents in a discussion about deliberate planning by having teens discuss their own life choices and

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

how they can make their plans happen. To encourage participation, you might ask each group member to tell what their life plans were at each stage of development. After about 15 minutes, hand out “Path to my Future” worksheet and have teens complete it.

- Older Children _____: Introduce “Chutes & Ladders” and explain the modified rules. Each child picks a goal that is relevant to them. This is the goal that represents the end of the game. The children write their goal on a postcard/post-it note that is placed at the top of the game board. While the children are playing, they focus on the supports and obstacles to reaching their goal. For example, when they land on a ladder, they talk about something that might help them reach their goal. When they land on a chute, they identify something that would make it hard to or delay reaching their goal. The game ends when all children reach their goal.
- Younger Children & Toddlers and Babies _____: Show the children the box of dress up clothes – or show the children a doll house and let them have unstructured play time. You might want to comment that by pretending they are learning about the way adults act and starting to decide what they might want to be when they grow up.

3. Into the Future (20 minutes): _____ Priscilla _____

- Relaxation Practice: Before we start the next activity, let’s take a moment to practice our relaxation. Lead the families in a 2-minute relaxation activity.
- Future Portion of Timeline:
 - Inform families that you want them to add their family’s future to their timeline using ideas from tonight’s activities. Each person in the family should draw/create something to represent something they imagine will take place in their family’s future. They can also write in the steps that each child will need to go through to get to that imagined future.
 - After about 10 minutes, start storytelling. To end tonight’s activity, let’s tell another story. Tell a story that represents a “Vision Statement” for your family. Remember, this is what you imagine and can plan for yourselves in the future. Families can record their stories on their phones.

4. 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 – Next week, we will talk about spirituality.
- Review tasks/homework for the following week – To get ready for next week, think about if and how your sense of spirituality gives you comfort or support. Hand out “Sources of Spiritual Support” & “Spiritual Assessment.” For families with older children, provide extra copies in case the teens are interested in filling out the forms as well. Also, hand out extra copies of the job chart and stickers so the families can keep working together to get everything done.
- Planning contacts for the week – **Continue system for families to contact one another (either buddy system or phone tree)**
- Closing ritual: