

STRENGTHENING FAMILY COPING RESOURCES

Module Two: Session Eight – *Spirituality and Values*

Date: 11/14/24

Facilitators Present:

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: _____ Rachel _____

- Rules (Facilitator)
 - Check in with each family
 - Review schedule for the evening
 - Opening ritual:
- spiritually not always religion

2. Spirituality Word Flower (15 minutes): _____ Olivia _____

- Prepare in advance: draw a circle on a large piece of posterboard, title the posterboard "spirituality". Cut out about 5-6 yellow petals for each family.
- Introduce the idea of spirituality to families. May use the following definition "personal beliefs or values" that give us a sense of being close to nature and the universe and that help us find meaning in things that happen. Maybe for you, spirituality includes a higher power or force that gives you strength and helps to guide you."
- Tell families that everyone has different ideas about what spirituality means, and we want to find out what spirituality means to each person and to the group.
- Homework check: Have family members who completed homework hold up their assignment about ways they practice their spirituality.
- Prompt families to talk as a family about what spirituality means to them and to write a word on each petal that shows what they mean when they think about spirituality.
- Allow families to place their petals around the circle, one at a time, saying the word as they include it in the flower.

3. Family Values/Family Banner/Quilt (50 minutes total): _____ Priscila _____

- This is a long activity, so we will take the youngest children to another room for a sing-along (45 minutes)
 - Make music and sing songs with babies and toddlers. Ask young children: *Who has a favorite song that they would like to share? Is there a song that your family likes to sing together?* Children can share favorite songs or important family songs. They can play instruments along with the singing. The children return to their families after 45 minutes.
- Planning
 - Handout "Our Family Values" and have families discuss what they have learned about their spirituality and values. Each family decides on a list of values they all believe in

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and can share. Allow about 15 minutes for this portion.

- Creating
 - After families have spent time talking about their family's spirituality and values, inform them they will be making a banner/quilt to celebrate it. Prompt families to discuss and decide on a message and design for their banner or quilt. They don't have to focus on one theme (e.g., with quilt, can represent different values on different squares).
 - Young children return and can help finish & display banners/quilts. Take pictures of families with their banners.

3. Communicating our Family Values (15 minutes): ___ Ade/Rachel _____

- Lastly, have families look at "Communicating our Family Values." Lead families in developing a ritual or routine around the message on their banner. Each family should use the planning tools to plan such an event. Examples

4. Closing Activities (10 minutes): _____ Ade _____

- 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 things that get in the way of planned activities.
- Review tasks/homework for the following week – Hand out extra copies of the job chart and stickers as needed.
- Planning contacts for the week – **Continue system for families to contact one another (either buddy system or phone tree)**
- Closing ritual:

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