

Family Flag:

Please take your whole family up to the supply table, select a piece of felt and have every family member pick out an item to put on your family flag. As a group, design your family flag together. After your flag is assembled, have each family member share what they chose for the family flag and what it means to them.

Family Meal:

Ask one child to come up to the serving table and get a meal for you. After all the adults at your table have been served, your child/children can go up to get their meals.

FAST® Hello:

Please have your family stand up and then introduce yourself and each of your family members by first names, and then say, "We are the (your last name) family." After the entire group says hello to your family, count to three and say "Hello FAST Families."

Music/FAST® Song:

Please have your whole family stand up for music time. We will start with at least 2 warm up songs, please let the team member know if your family is interested in leading a warm up song. We will then sing the FAST Song.

Scribbles:

Step1: Send one child up to the Scribbles table to get a Scribbles sheet and pencil for each member of your family. Distribute the Scribbles sheet and pencils to each of your family members.

Step 2: Direct everyone to hide their paper while they draw a picture. When they are done creating their picture have them turn their paper over.

Step 3: Choose one family member to hold up their picture and have all other family members take turns to ask one positive question (i.e. Tell me about your picture, or use who, what, where, how questions). Make sure everyone has a chance to share and talk about their picture!

Feeling Charades:

Bring your whole family up to the table and have each person choose one feeling card, have them hide their card by their heart and walk back to the family table. Choose one person to act out their feeling without using words while the rest of your family guesses the feeling. Once the feeling has been guessed correctly, select the next person in your family to act out their feeling, make sure each person has a chance to act out their feelings. If there is enough time, repeat the activity by having your family select new feeling cards.

After week 3: Have your family members choose a feeling they recently felt. After each person's turn, ask them questions about what happened and why they chose those feelings while the rest of the family listens respectfully.

Special Play:

This is your time with your K-2 grade child, where you will play along with your child for 15 minutes. Have your child choose a special play box. During Special Play your child will be in charge and you will follow their lead with no bossing, not teaching, and no judging.