



Our Family Vocabulary

What you'll need:

- Poster paper. Texas.

What to do:

- 1** As a family, discuss the empathetic language you would like to become part of your daily family vocabulary. Emphasise how saying kind things to others, such as giving a compliment, benefits both the giver and the receiver.
- 2** On some poster paper, create a list of specific phrases and questions you would like to hear in your household to practise empathy. What does the following sound like to our family:
 - ★ Showing appreciation for each other?
 - ★ Encouraging and cheering each other on?
 - ★ Offering care and support?
 - ★ Working through disagreements?
- 3** When your family list is complete, display it in your home and refer back to it regularly. You could even use it as a family weekly check-in to or to set goals for the following week.

