

# FAMILY MEETING

Date: \_\_\_\_\_

## ATTENDEES

## ROLES

Meeting Leader \_\_\_\_\_

Snack Maker \_\_\_\_\_

Notes Taker \_\_\_\_\_

## DISCUSSION TOPICS

- Recognition & appreciation
- Week's schedule
- Goals
- Things we want to do or be better at this week
- Support needed (how can we help you feel loved & encouraged?)
- Family time (dates, trips, etc..)
- \_\_\_\_\_
- \_\_\_\_\_

## SHARING IDEAS

- What went WELL last week? Not so well?
- What is one KIND thing each of us did last week?
- What is one new thing each of us LEARNED last week?
- What are we EXCITED about in the upcoming week?
- What is each of us GRATEFUL for?
- \_\_\_\_\_
- \_\_\_\_\_

## THIS WEEK'S AFFIRMATION

# FAMILY MEETING

Date: \_\_\_\_\_

A large, hand-drawn green rectangular border with decorative elements. The border is composed of several segments. The top segment has a small globe icon and two dots. The left segment has a striped circle and a dot. The bottom segment has a striped circle and a dot. The right segment has a striped circle and a dot. The middle segment is divided into two columns by a vertical line. The corners of the middle section are decorated with stars and circles. The entire page is designed for a family meeting, with a date field at the top right and a large blank area for notes.

# 4 steps to a successful Family MEETING

Big Life Journal

## 1 ENCOURAGE PARTICIPATION

The ultimate point of family meetings is to **connect and listen**.

- **Pair meetings with incentives** (post-meeting dessert, board games, or other fun activities)
- **Let kids choose their roles** (recording secretary, leader, or snack maker, etc.)
- **Keep meetings short** (about 15-30 minutes).
- **Stay flexible** and never coerce kids into participating. Instead, invite them to share if they'd like to.



## 2 STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET

Kids do best when **guidelines are clear**. Consider ground rules, such as:

- Day, time and **meeting place** that works for everyone
- **Frequency of meetings** (once a week is recommended)
- Who fills the **roles** of “leader” and “note taker” each week
- Only one person talks at a time
- No electronics
- Everyone participates



## 3 STEP 3: STOP CATASTROPHIC THINKING

Agenda can be **simple** and brief, with no more than 3-4 steps. Generally, it can cover:

- a brief **opening activity**
- **discussion time**
- **positive** closing activity



## 4 STEP 4: PRACTICE PROBLEM-SOLVING

Expect challenging moments. Each difficulty is an **opportunity to grow** your “family brain” by tackling the challenges together.

- **Resistance to participating** - Remind them this special time was created for them to influence what happens in the family.
- **Issues are not resolved** - Know that simply by talking about what's happening, you're making a difference.
- **Parents run the show** - While your kiddos are speaking, simply breathe and focus on what they have to say.

