

Our Family Shield

FAMILY ACTIVITY

Materials

- Family Shield handout (next page)
- Something to write and/or draw with

Instructions

Take some time to brainstorm what makes your family special, and what keeps your family strong during tough times. Write some of these things down using the shield template and prompts.

For some ideas about family mottos/sayings that can help you and your family find courage and strength, look at some of the quotes below for inspiration:

1. "A problem is a chance for you to do your best."
–Duke Ellington
2. "Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain."
–Vivian Greene
3. "Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"
–Mary Anne Radmacher
4. "Once you choose hope, anything's possible."
–Christopher Reeve
5. "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."
–Dr. Seuss
6. "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."
–Martin Luther King, Jr.
7. "Our greatest glory is not in never falling, but in rising every time we fall."
–Confucius
8. "Being deeply loved gives you strength; loving deeply gives you courage."
–Unknown

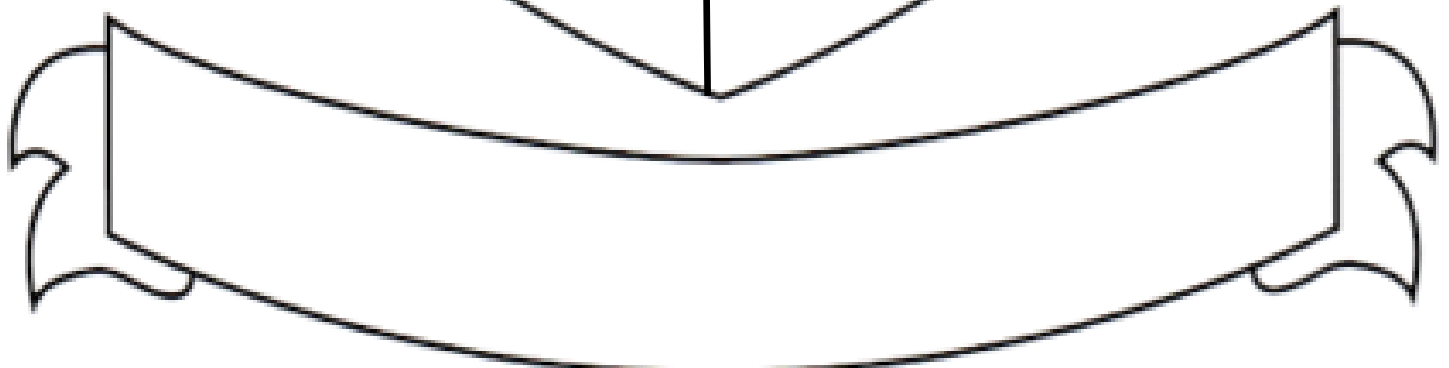
The _____ Family Shield

Things our family is good at:

The MOST important things to our family:

Times we have the most fun being together:

Challenges we have overcome:



Our family motto for when the going gets tough!