

# HOME CHALLENGES

## What's the Commotion about Emotions?

Dear Parent/Guardian,

The purpose of this home challenge is to encourage structured family time to initiate conversations around positive emotions<sup>1</sup>. Family communication builds strong connections and fosters empathy in children.

An excellent time for this is during any family time like dinner, in the car, or a meeting. In this challenge, your child will have the opportunity to take a leadership role in promoting good mental health for the family by initiating communication and connection.

### Here is how you and your family can participate:

1. Gather the family together at dinner time, or another time when most of the family is available.
2. Have your child pick one question on the tracking sheet to read out loud. Allow your child to answer the question first, then allow every other family member to take turns answering the question.
3. Use the tracking sheet to mark the date that the question is discussed, the number of family members participating, and your signature.
4. At the end of the two-week period, send the tracking sheet back to school with your child to hand in to their teacher. Try to answer all six questions in two weeks, limiting the questions to only one per day.

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<sup>1</sup>This activity has been adapted from the Alberta Health Services Mental Health Kit: "Healthy Communication: Dinner Talk"

<https://www.albertahealthservices.ca/assets/programs/ps-7344-mhk-elem-manual-high.pdf>

## What's the Commotion about Emotions? Tracking Sheet

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Family Time Question	Circle how many family members participated in the discussion	Date	Parent/Guardian Signature
How does our family show that we love each other?	All      Most      Some		
What is something that you are excited for?	All      Most      Some		
What was the funniest thing that happened this week?	All      Most      Some		
What is something that you are grateful for?	All      Most      Some		
What makes you the most proud of yourself?	All      Most      Some		
What is something that makes you feel cared about?	All      Most      Some		