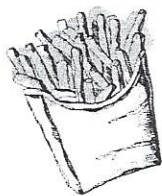


Dinnertime

CONVERSATION STARTERS



What was the best part of your day?

What are you most looking forward to tomorrow?

If you could only eat one item on your plate forever – which would it be?

If you could do any part of today over again, what would it be?

What was the best conversation that you had today?

What is something that you learned today?

How can you make tomorrow a better day?

What's a superpower you wish you had today?

What are three things you are thankful for today?

What is a goal that you were able to reach today?

Name something kind you did for someone today.

How does today compare to yesterday?

What is something that happened today that you'll never forget?

Name something kind that someone did for you today.

If you could invite *anyone* to have with dinner with us, who would you pick?

What was the funniest thing that happened today?

Who here do you think had the best day? Why?

What was the hardest part of your day, and how can we help?

What was your biggest surprise today?

Share three feelings that you experienced today.

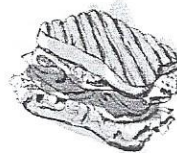
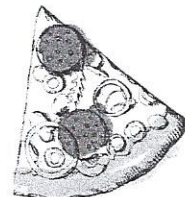
What is something you hoped would happen, but didn't?

What was your favorite time spent with everyone here?

What is something you would rather have been doing today?

What are you most looking forward to doing after dinner?

What are you hoping is on the menu for dinner tomorrow night?



HOME BEHAVIORS

What are some behaviors that you need to improve at home?

- | | |
|--|---|
| <input type="checkbox"/> Following directions the first time | <input type="checkbox"/> Being respectful to adults |
| <input type="checkbox"/> Doing my homework | <input type="checkbox"/> Being too distracting |
| <input type="checkbox"/> Getting along with my siblings | <input type="checkbox"/> Whining |
| <input type="checkbox"/> Taking things without asking | <input type="checkbox"/> Waking up when I'm told |
| <input type="checkbox"/> Doing my chores | <input type="checkbox"/> Going to bed when I'm told |
| <input type="checkbox"/> Using bad words | <input type="checkbox"/> Name-calling or teasing others |
| <input type="checkbox"/> Controlling my anger | <input type="checkbox"/> Acting without thinking |
| <input type="checkbox"/> Keeping my hands to myself | <input type="checkbox"/> Destroying property |
| <input type="checkbox"/> Running away | <input type="checkbox"/> Listening when others speak |
| <input type="checkbox"/> Talking back | <input type="checkbox"/> Keeping my room clean |
| <input type="checkbox"/> Lying or stealing | <input type="checkbox"/> Getting ready for school on time |
| <input type="checkbox"/> Arguing or fighting | <input type="checkbox"/> Accepting being told "no" |
| <input type="checkbox"/> Annoying others | <input type="checkbox"/> Cleaning up after myself |

What can you start doing to improve these behaviors?

1. _____
2. _____
3. _____
4. _____
5. _____



In My Family

Circle or highlight the qualities that are in your family!

PEACE

FIGHTING

NAME CALLING

RESPECT

TIME SPENT TOGETHER

MANIPULATION

TRUST



LOVE

LAUGHTER

PRIVACY

LOYALTY

CONVERSATIONS

FUN

AGGRESSION

KINDNESS



APPRECIATION



POSITIVE FEEDBACK

GUILT

HAPPINESS

HATE

FAIRNESS

CONFLICT

HUMOR

LISTENING

CRITICISM

PLAY

POOR COMMUNICATION



CARE

SECRETS

CLOSENESS



TRADITIONS

FEAR

OPENNESS

UNFAIRNESS

SAFETY

ENCOURAGEMENT

DISHONESTY

EMPATHY



SUPPORT

HONESTY

Which of these traits do you wish your family had?



My Family Member

Use this worksheet to share all about a family member!

Name: _____

3 words I would use to describe this person:

I would rate our relationship (1-10):

1 2 3 4 5 6 7 8 9 10

What I like most about our relationship is:

One way that we can improve our relationship:

My favorite memory with this person is:

When I'm around this person, I feel:



How We Communicate

Use this worksheet to explore how you communicate with a member of your family.

Family Member: _____

Rate how well you and this person communicate (1 - 10)

1 2 3 4 5 6 7 8 9 10

Why did you choose this number? _____

What usually leads to an argument with this person? _____

What is something this person does that makes it hard to communicate with them?

What do you wish they would do differently in how they communicate with you? _____

What can you say to get them to start communicating differently with you?

What do you think *you* need to do differently to improve communication?

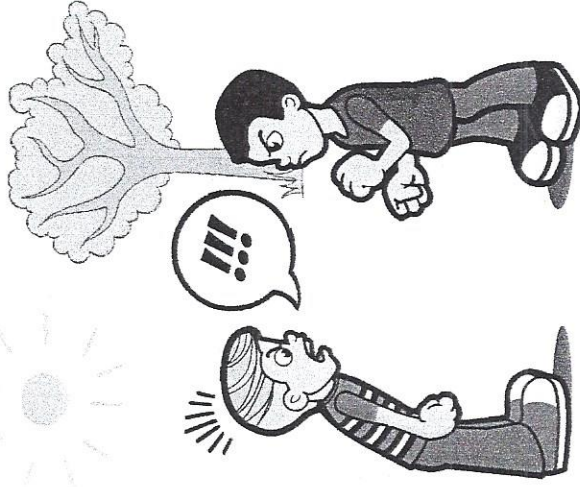


Why We Don't Get Along

Use this worksheet to talk about the behaviors that keep you from getting along with another person. This can be a sibling, classmate, or someone in your life you often have conflict with. Talk about the behaviors that you *both* do that keeps you from getting along with each other. Write in additional behaviors in the blank spaces.

What are some things you do that keeps you from getting along?

- ___ I tease them and call them names
 - ___ I try to hurt their feelings
 - ___ I try to get them in trouble
 - ___ I touch their things without asking
 - ___ I don't play fair sometimes
 - ___ I do things to annoy them on purpose
 - ___ I hit, kick, punch, or try to hurt them
 - ___ I leave them out on purpose
 - ___ I do things to try to make them angry
 - ___ I get jealous of them
 - ___ I break their things
 - ___ I don't share my things with them
 - ___ I can't control my temper around them
 - ___ I blame them for things they didn't do
-
-



What changes can you make so that you get along better with this person?

- ___ They tease me and call me names
 - ___ They try to hurt my feelings
 - ___ They try to get me in trouble
 - ___ They touch my things without asking
 - ___ They don't play fair sometimes
 - ___ They do things to annoy me on purpose
 - ___ They hit, kick, punch, or try to hurt me
 - ___ They leave me out on purpose
 - ___ They do things to try to make me angry
 - ___ They get jealous of me
 - ___ They break my things
 - ___ They don't share their things with me
 - ___ They can't control their temper around me
 - ___ They blame me for things I didn't do
-
-



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More of/Less of

Use this worksheet to explore changes that you'd like to see in a relationship with a friend, partner, or family member. Write down some things that you'd like to see more and less of in your relationship with this person.

In our relationship, I want **More of** ...

1.

2.

3.

4.

5.

In our relationship, I want **Less of** ...

1.

2.

3.

4.

5.



Sibling Conflict Plan

Use this worksheet to come up with a plan for the next time your sibling bothers you, bullies you, or tries to make you upset. Having a plan of action can help you be prepared to respond to their behavior in a positive way!

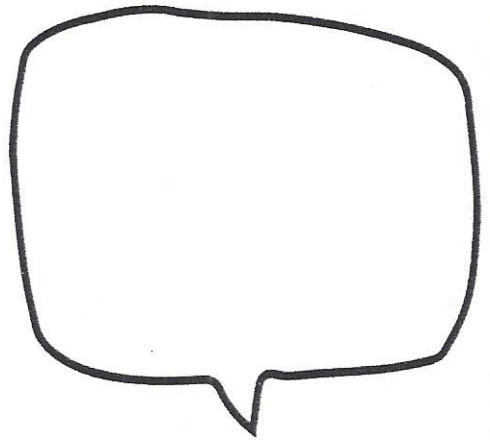
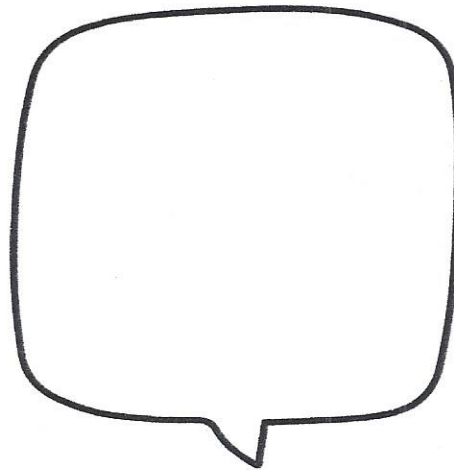
If _____ starts to _____

Things I can do...

I can _____

Things I can say...

I can say...



Places I can go...

I can go _____

Adults I can talk to...

I can talk to _____

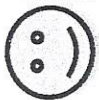
I need to remember not to _____

because _____



MY TIMELINE

Use this worksheet to identify Happy and Sad moments that you've experienced in your life so far.



HAPPY MOMENTS



SAD MOMENTS



PLANNING *my* FUTURE



AFTER HIGH SCHOOL, I WANT TO...

___ work ___ go to college ___ live at home ___ go to a vocational school ___ move out
___ join the military (branch _____) ___ take a year off ___ other (_____)

IF GOING TO COLLEGE...

College that I want to attend: _____ Major: _____

How many years of college will I need? _____ The year I hope to graduate: _____

WORK

Job that I want to have: _____ Place I want to work: _____

The annual salary I hope to make: _____

What I plan to do with the money that I earn: _____

LIFESTYLE

State or country that I want to live in: _____

What features do I want my house to have? (# of bedrooms, pool, big yard, etc.) _____

Type of car I want to drive: _____

Do I want to be married? Yes No Children? Yes No How many? _____

What hobbies, sports, or organizations do I hope to be a part of? _____

What do I want my social life and friend group to look like? _____

What do I want my relationship with my parents and siblings to look like? _____

HOW I'M FEELING ABOUT MY FUTURE:

___ excited ___ optimistic ___ pessimistic ___ sad ___ anxious ___ angry ___ prepared ___ unprepared
___ stressed ___ curious ___ enthusiastic ___ overwhelmed ___ hopeful ___ confident ___ ashamed

What steps do I need to take or changes do I need to make to help my future look the way that I want it to?

What help do I need from others? _____

When I get older, I want to look back and say, "I've lived a _____ life!"

