FAMILY AND COMMUNITY TIES

It's important that we maintain close ties with friends and relatives outside our immediate families. We can manage our challenges and problems better if we have supportive friends. People who have close friends and relatives outside their immediate family tend to be healthier and happier than people who don't.

It's also important for families to be involved in community activities. As they become involved in their communities, they have opportunities to develop a circle of dependable
friends. Involvement also helps build self-image and identity, and it can help us control events that affect family life. All these factors enhance family health and happiness.

**Homework Pursuit (Family Edition)**

Strong families support each other and do things together. They have fun together, and they spend time with each other. This activity creatively blends spending time together with helping children do their homework. Suitable for age 6 and older.

**Block Party**

Some evidence suggests that children and adults must learn specific skills in order to make and keep friends. Friendships often develop from working and socializing with others. This activity helps families plan a neighborhood gathering. If safety is a concern, you might try a building party (inviting everyone who lives in your building) or a congregation group party. Suggested for age 6 and older, simple tasks for younger family members.

**Community Helpers**

This activity helps children and adults understand that they can have a positive effect on people in their community. It builds the self-esteem of family members by showing them how to get involved in helping other people. Suitable for age 4 and older, simple tasks for younger family members.

**Write On**

Strong families look for chances to participate in decisions that affect their lives and well-being. This activity gives families guidelines for communicating their views and opinions to elected officials. Suitable for age 12 and older.

**Friendship Games**

People in healthy families usually have many friends who are important to them. This activity helps your family think about your many good friends and the roles they play in your family's life. Suitable for age 6 and up.