MEANINGFUL MESSAGES

LIFE SKILL
relating to others

Why send meaningful messages?
In strong families, people care about each other’s well-being. They care about what’s going on in each other’s lives, and they know they can depend on each other for encouragement and support. This activity helps family members tell each other that they understand and care.

What do we need?
3 x 5 index cards; scissors; crayons or markers

How long will it take?
a few minutes whenever you wish

What do we do?
Write a message of encouragement or appreciation to each member of your family. If family members are too young to write, have them draw pictures or happy faces instead of a written message. Then leave your notes where people will be sure to find them. Good places include a lunch box, under a pillow, on the bathroom or bedroom mirror, taped to the steering wheel of the car, or in a coat pocket.

Message ideas
1. We’re behind you all the way!
1. Thanks for listening.
1. Hurry home. I miss you.
1. I’m proud of you for trying so hard.
1. I appreciate your help with the dishes.
1. I like having you for a sister!
1. Good job!

Make up some of your own messages and try to send at least one message a week.
What happened?

▼ Was it easier to leave a message than just tell someone you appreciate him? Why?

What did you learn?

▼ How did family members react when they found your messages?
▼ How did you feel when you received a meaningful message?

Why was this activity important?

▼ Why is it important for family members to praise, encourage, and support each other?
▼ Do you always know what people are feeling if they don't put it into words?

What's next?

▼ How will you make meaningful messages a part of your family's lifestyle?
▼ What other ways can you show praise and encouragement?
▼ How can you apply what you learned in this activity outside of your family?