**Hopes and Dreams**

*As a pre-teenager, our sixth, seventh or eighth graders are in the process of asserting their independence and with that, they may be testing rules and boundaries. Instead of creating a new set of rules in reaction to the push back or push away, take a moment to dream together first.*

**Time**

15-20 minutes

**Participants**

6-8th Graders, Parents, Family Members

**Materials**

Poster board and favorite drawing supplies (pencil, markers, or crayons).

**Directions:**

1. When your family is together, discuss your responses to the question: *What are your hopes and dreams - for today, for this coming year?*
2. Label the poster “The \_\_\_\_\_ Family’s Hopes and Dreams.”
3. Spend time writing and drawing your hopes and dreams. (Please no judgment. There are no right answers!)
4. Spend some time and fill the poster with ideas.

**Reflection**

What do you have in common with other family members? What might you have in common with other families in your school community?

What is unique and different about your hopes and dreams from each other? What do you think is unique and different from other families in your school community?

Go Around and Ask: How can each person be supportive of these hopes and dreams so that the whole family works toward realizing them?

**Social and Emotional Skill**

***Self Awareness:*** *Understanding your thoughts and feelings about yourself and your future*

***Self Management:*** In order to follow rules, our pre-teens and teens first have to deeply understand the reason behind the rules. Our hopes as a family are the reason for any rules or boundaries to create safe, healthy and just relationships and environments.