



RELATIONSHIP SKILLS: OUR FAMILY SONG

Family members collaborate on composing a song of strength (no particular talent needed!)

TIME

15-20 minutes

PARTICIPANTS

Kindergarten and Up, Parents, Family Members

MATERIALS

Your choice of favorite art supplies.

DIRECTIONS:

1. Brainstorm all of the best qualities of your family. What makes you special and unique?
2. Designate one person to write down all of the words, phrases and sentences you brainstorm.
3. Now, begin putting them into a letter. You may pretend you are writing to apply for an award for most loving family. This is a love letter to your family by your family What do we most love about one another? About our family?
4. Now read the letter aloud to one another. Who can hum a tune and let the music begin to emerge? Use a tune commonly known or compose your own.
5. Now, sing it together as a family anthem! On what occasions can you bring it out again to sing it?

REFLECTION

What parts of the process were easy? What parts were challenging? Why?

How did each person contribute to the song?

Are there lessons in working together to write a song that can help you in other parts of family life?

How will you use this song in the future?

What social and emotional skills do you feel were used while doing this activity?

SOCIAL AND EMOTIONAL SKILL

Relationship Skills: practice collaborating, communicating with and listening to others and building on ideas

Adapted from: Miller, J.S. (2021). [Composing a Song of Strength](#). Confident Parents, Confident Kids, August 21.

