

Personalized Family Bead

(ex. The Smith Family Bead)

How to create a personalized family bead:

With your family, come up with 8 different possible activities that represent goals your family is working on. Feel free to get creative. When all 8 of these activities are created, share the bead with your therapist in family therapy and then begin working on each activity. When you have completed all 8 of the activities go to the store as a family or look online to purchase a specific bead that symbolizes your family and represents your having finished your family bead.

Here are some activity examples that previous families have come up with:

- Each family member takes time to learn about something that is important to each of the other family members. This shows love for and interest in each other. For example, if dad likes history and daughter likes skating, dad can spend time learning something about skating and daughter can spend time learning about history
- Each member of the family makes a puppet to represent him or her self. As a family, create a story that plays out various family patterns.
- Make a list of 15 things that your family can do for family recreation nights when the student is back at home.
- Write 2 significant family goals to be completed one year from today.
- Write letters to each other to be opened 2 years from today.
- In a family session, have each member take on the “role” of another family member. Ex. mother be daughter, son be dad, dad be mom, daughter be son, etc.
- Create a piece of artwork that represents each family member’s core meanings. Display it somewhere in your home.
- Go to Color Me Mine as a family. Each person paint a plate and mug that will come together to create a family “set” of dishes. Each individual and unique but come together to make a set.
- Complete an Equine therapy session together.
- Have your family put on a little play or musical presentation in front of all the families at family weekend.
- Complete 3 family service projects....1 per month for the next 3 months.
- Create an art piece that symbolizes each family member’s love language. Display it in your home.