



OUR FAMILY CHOICES

A family activity where **every voice** is heard

Families grow stronger when everyone has a voice! Take a few minutes to talk together as a family. You can write or draw your ideas in each box.



One thing we decide together

Things like meals, chores or how you spend time together.

One thing we can talk about more

Something you'd like to discuss or decide as a family.

One way we help each other at home

How do your family members support and care for one another?

When you're finished, take turns sharing what you wrote or drew. There are no right or wrong answers! **Listening to each other is what matters most.**