

SESSION 6: GUIDE FOR PARENTS AND GUARDIANS



Digital Check-Ins to Keep Connected

Expand Possibilities



Your family may be cooped up and feel stuck during the Covid-19 pandemic. And you may be under a lot of stress with options cut off because of the challenging economic times. This can be a good time help each other expand possibilities when we don't feel like there are a lot of great options available.

We may not be able to help each other directly with some of the biggest challenges (such as getting a job or opening closed schools). But we may be able to help each other discover new interests or try something we've always wanted to try, but never had a chance. That can boost our spirits—and potentially open up new opportunities in the future—during times when not much seems possible or encouraging.



Family Quiz

With other family members, **take the Expand Possibilities quiz**, which you'll find in the Check It tab on the Expand Possibilities page. As many people can complete the quiz as you'd like. Then compare your results with each other to prompt a lively discussion.



Family Activities

These activities invite your family to **explore what it means to expand possibilities** with each other.

If you want more activities or detailed instructions on these activities, go to [Expand Possibilities on KeepConnected.info](https://www.keepconnected.info). Click on the gray bar for each heading. You'll find several activities on each topic.

1. Inspire

Inspire me to see possibilities for my future.

Inspired to Say "Thank You"

Have each person write or draw a thank-you to every person in the family, thanking them for something they've said or done that inspired them to learn or grow in small or big, funny or serious ways.

20 minutes



A Little Inspiration, Please!

Have each person draw a circle at the top of a sheet of paper. Inside the circle, write one goal you're working on that presents a challenge you could use a bit of extra encouragement with. Have people each describe their challenge. Then pass the sheets around. Underneath the circle, have each person write one way they will encourage or inspire that person to keep moving forward.

15 minutes



2. Broaden horizons

Expose me to new ideas, experiences, and places.

Your Inheritance in Expanding Possibilities

15 minutes

Chances are good that your family had ancestors who struck out on their own to embrace new ideas, people, or places. Retell some of these stories to inspire and guide how you explore new possibilities today. Or, contact older relatives on the phone or videoconference to ask them to tell you stories they remember.



Try It! Do You Like It?

15 minutes

Have everyone brainstorm places, foods, activities, and other things that you're curious about, but have never tried. Create a "top 5" list of things you'd like to try together as a family (with everyone participating), being sure to include at least one idea from each family member. Try each, letting the person who picked it be the leader and guide for the family.



3. Connect

Introduce me to people who can help me grow.

Expand Your Webs of Relationships

15 minutes

Give each person a copy of the worksheet "[Your Web of Developmental Relationships](#)." Celebrate **relationships beyond your family that helped you grow and thrive**. What other connections could family members help each other make to expand their webs of relationships?



Are you sitting around the table during a meal, or just hanging out? Try some of these discussion starter questions.

1. What do you see happening in response to the pandemic that inspires you? Who is making those things happen? How are they doing it?
2. What are the people and places in the world we are more curious to learn about because of this Covid-19 pandemic? How can we connect with them?
3. In what ways is this Covid-19 pandemic causing you to see the world in new ways? How has it broadened your perspective on your place in the world?
4. What is one thing you really enjoy (such as music, ideas, foods) that someone else in the family introduced you to? Tell the story of how they introduced you to it.
5. Think about the different people your family spends time with. In what ways are they similar to your family? How are they different from your family? Think about similarities and differences such as culture, political ideology, religious beliefs or practices, birth country or nationality, sexual orientation, food choices, and hobbies and interests. Are most of your family's friends mostly like you, or do you see a lot of differences?
6. What do you find to be enjoyable about spending time with people who are different from your family? What can make it hard?
7. Who are (or were) significant adults outside the immediate family who have or had a big influence on your life? How did they influence you?
8. Who has helped you deal with disappointment or working through challenges when you've been trying to achieve something important to you? How did they do it?
9. What are ways we can support each other in our family when we run into roadblocks to our goals or dreams?

This and other **Digital Check-Ins to Keep Connected** are available at: www.KeepConnected.info/digital-check-in/