

NCC Family Activities Guide

Week 3 Message: You Are Not Alone! | Series: Weeds! | Date: 4.21.24

Possible Family Activities

Remember the goal of these activities is to foster open communication, spiritual growth, and shared experiences as a family! Adapt these activities to best help grow your family!

Create a Family Mental Health Recipe: Collaboratively compile a list of activities, practices, and strategies that promote mental health and wellbeing within your family. Each family member can contribute their ideas, such as practicing gratitude, engaging in meaningful conversations, or in creative activities. Display the recipe in a visible place as a reminder for everyone to prioritize their mental health.

Family Mental Health Check-Ins: Set aside regular family check-ins to see how each family member is doing emotionally and mentally. Provide a safe space for everyone to share their feelings, challenges, and victories. Offer support and encouragement, and brainstorm how the family can better support each other's mental health.

Express Love and Encouragement: Write individual letters or notes to each family member expressing love, support, and encouragement. Remind them of their worth and value in God's eyes. Encourage them to hold onto hope, seek help if needed, and share the importance of open communication within the family.

Implement a "No Shame" Policy: Emphasize the importance of a "no shame" policy within the family, where discussions about mental health, self-harm, or suicide are met with love, understanding, and support. Encourage family members to share their struggles without fear of judgment or ridicule, fostering an environment of trust and acceptance.

Technology-Free Time: Dedicate a specific time or day each week where the entire family disconnects from technology. Use this time to engage in quality activities together, such as playing board games, having meaningful conversations, or enjoying outdoor activities. Encourage open communication and bonding without distractions.

Mindful Mealtime: Practice mindful eating as a family during meals. Encourage everyone to slow down, enjoy their food, and engage in conversation without distractions. Use this time to share positive moments from the day or express gratitude for the meal and each other.

Utilize Scripture and Devotionals: Incorporate daily reading and reflection on Scripture relevant to mental health and finding hope in God. Consider using devotionals or Bible study guides focused on topics such as anxiety, depression, and finding strength in faith.

Nature Days: Plan family outings or day trips to immerse yourselves in nature. Visit parks, go hiking, or have a picnic near a lake or beach. Encourage everyone to connect with nature, which studies have shown can improve mental well-being and decrease stress levels.

By engaging in these activities, your family can cultivate a mindset of trust and reliance on God's goodness and control, ultimately overcoming even the darkest of places.

