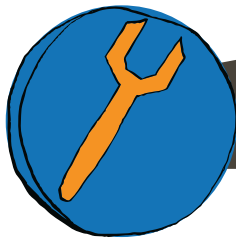


My FAMILY IS SPECIAL



TOOL 3A OUR STRENGTHS

This activity is based on work completed by the Telethon Institute for Child Health WA as part of the *Aboriginal Child Health Survey 2005*

LINKED TO:

- Sections 2.11, 3.2 & 3.3



WHY?

- To help families identify and celebrate strengths
- To help families identify and plan ways of building on strengths
- To help families get a sense of hope and change for the future



WHO WITH?

- Family members



TIME?

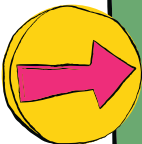
- 20mins+



YOU'LL NEED?

- Copies of the template for all family members or an A3 photocopy

My FAMILY IS SPECIAL



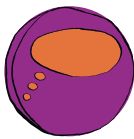
WHAT TO DO:

- As individuals, get families to consider where they think they are on the continuum.
- Ask them to answer thinking about how things are for their family right now. Indicate with a colour dot or by writing “here and now” on their individual form.
- Repeat the questions, asking them to answer thinking about how they want things to be in their family in one year’s time.
- In the box below, ask family members to write or draw images that represent their family’s strengths and areas for growth.
- Have family members put their sheets on the floor or up on the wall.
- Allow families opportunities to look all together at the similarities and differences between each person’s perceptions and work with families around prioritising their common goals.



SOMETHING DIFFERENT?

- Do the same first three steps as above but then have family members use coloured dots to indicate where they are and where they want to be. This can provide a visual sorting of answers.



TO THINK ABOUT:

- This activity can be repeated on a number of different occasions – identify and celebrate the progress that has been made and identify, together, ways of redressing any steps backward.



HAZARD ZONES:

- This is an activity which focuses on strengths and opportunities. Facilitators should gently ask family members who focus on problems or weaknesses to think more about what they are doing well and what opportunities are on the horizon to ensure that the positive nature of the exercise is maintained.

Our strengths

| | Quite a lot | Sometimes | Not Often | Not much |
|--|-------------|-----------|-----------|----------|
| The way we get on together helps us cope with hard times. | | | | |
| We like to remember people's birthdays and celebrate special events. | | | | |
| It is easy for us to talk to each other about important things. | | | | |
| We are always there for each other. | | | | |
| We know our family will survive whatever happens. | | | | |
| We manage money carefully and make good decisions. | | | | |
| Our family has a lot in common in the interests we have and the things we do together. | | | | |
| Everyone in our family is accepted for who they are. | | | | |
| We have good support from our relatives and friends. | | | | |
| We have family traditions and customs we want to pass onto our children. | | | | |



The things I am most proud of about my family



The things I'd like us to build on as a family