

Well Being Task

This week, we would like you to consider the importance of your family.

Have a family discussion about your family identity and values. You might like to consider these questions:

- What do you like to do as a family?
- What is important to you?
- What are your family values?
- All of your positive thoughts about your family.
- What does your family mean to you?

Create a poster or mind map to share it in class (see the example below).

You can complete your poster on any size paper.

