

Family Council Quick Start Agenda

Gratitude

- Does anyone have any gratitude they'd like to offer today?

Family Home Evening Assignments

- Does anyone need any supplies or groceries for their assignment?
- Have you decided what to do your lesson on? Can I help you in any way?

Weekly Schedule Review

- Do we have any scheduling conflicts that we need to work out this week?
- Are there any activities you're involved in that you'd like me/us to be there for?

Needs

- Does anyone have any needs the family can support you with this week?

Family Dance Party to 1 Song or play a quick game.

Family Council Agenda with Notes

Prayer

Gratitude

- Does anyone have any gratitude they'd like to offer today?
- Practicing Gratitude for specific actions resonates more deeply than general gratitude. Let this develop over time. Common examples include:
 - I'm so grateful daddy did the dishes every night this week!
 - The yard looks great daddy, thank you for mowing it yesterday!
 - I'm grateful Jessie worked hard to obey the first time I asked her to come inside on Friday.
 - I noticed that Jessica was really patient with Cassie and that helped me to be patient with Cassie too, thank you.
 - I'm grateful mommy made sweet potato lasagna on Thursday.
 - I'm grateful Cassie didn't run out the door when it was open earlier today.
 - I'm grateful mommy got a playdate for me.

Family Home Evening Assignments

- This is a time that we gather for a spiritual lesson and connection. Each member of our family (of 3) has two assignments. We make those assignments at Family Council taking into consideration the busyness and schedules of each person for Monday.
 - Lesson/Song
 - Activity/Treat
 - Scripture/Prayers
 - Does anyone need any supplies or groceries for their assignment?
 - Have you decided what to do your lesson? Can I support you in any way?

Weekly Schedule Review

- We go over the specific things each person has scheduled and talk about and scheduling questions or conflicts we need help to resolve.
 - Monday-J-Art Class, FHE,
 - Tuesday-Children's Bereavement Center
 - Wednesday-
 - Thursday-M-Temple, School Volunteer, J-Violin lesson,
 - Friday-J & M Girl Scouts,
 - Saturday-Farmer's Market,
 - Sunday-Church

Needs

- The important thing here is learning to state needs and have them validated. Practice a lot of patience so this can be a safe place where any communication is welcome.
- **As we practice stating our needs we are empowered with self-awareness, communication skills and the realization that we can impact our lives for the better.** These are seemingly small skills that can translate into mental, physical and emotional resilience. The consistent practice of just this one thing would be a powerful addition to any family.
- As we practice this communication each week in Family Council it becomes more natural throughout the week in our other interactions.
- This communication also allows me to turn off some of my mom intuition. I'm aware of a lot of things we could all benefit from but this allows each of us to take a more active role in the direction of our growth and helps use communicate our priorities to each other so we can offer support in meaningful ways.
- Common Examples include:
 - I want more playdates
 - That's great feedback, who would you like to play with?
 - I think we need to be less busy
 - I've been noticing that our schedule is getting pretty full too. Let's consider our current priorities, what are some activities that are no longer serving us that we could scale back on? What are some activities that would accomplish our priorities and rejuvenate us at the same time?
 - I'm trying to get to bed earlier, especially since I wake up early to make our breakfast. If we could all work together to get dinner cleaned up and then quickly get ready for bed I'd appreciate it.
 - Yeah, I'm happy to do the dishes so don't worry about that.
 - Well mom, *you're* the one that takes a long time getting ready for bed.
 - I do have a number of things I do before bed. What would help me is if you could feed Cassie right after dinner and put your pajamas on the first time I ask you.