



# Activity: Family Touchpoint

eluna

RESOURCE CENTER

## Objective

In the busyness of life, it is so important to be overtly intentional about creating time and space for meaningful connection as a family. Whether around the dinner table, during car rides, or before bedtime, these small but powerful check-ins invite emotional expression, build trust, and strengthen bonds—especially important during times of stress, transition, or grief. Consider incorporating these ideas to encourage your children and teens to go beyond the typical one-word responses to “So, how was your day?”



## Supplies

- Family Touchpoint Handout (next page)

## Instructions

Consider a daily or weekly rhythm, using one or more of these activities to spark conversation.

### Rose, Bud, Thorn

- Rose: Something you are grateful for
- Bud: Something you're looking forward to
- Thorn: Something challenging or stressful

### High, Low, Buffalo

- High: Something positive about your day
- Low: Something hard from your day
- Buffalo: Something random, funny, or interesting about your day

### Stop, Start, Continue

- Start: Something new you would like to start
- Stop: Something you would like to stop
- Continue: Something that is working well and you want to keep doing

## Additional ideas

- Keep a shared family journal or board where everyone can write or draw their responses.
- Rotate check-in “leaders” each time to foster leadership.
- For younger children, it may be helpful to have a printout with visuals or invite a stuffy friend to take part.

*Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!*

# Family Touchpoint



Consider using any of the following check-ins to encourage your children and teens to go beyond the typical one-word responses to the more commonly used, 'So, how was your day?' Having printed cut-outs can be helpful visuals and serve as a reminder to be set aside time to connect to yourself, to your grief, and to one another.

## High, Low, Buffalo!



**High:** Share something positive that happened to you or something that you feel proud of.



**Low:** Share something that did not go well or that was difficult for you today.



**Buffalo:** Share something random, funny, silly, or interesting about your day.

## Start, Stop, Continue!



**Start** Share something new you would like to start in order to experience positive change in this moment or season.

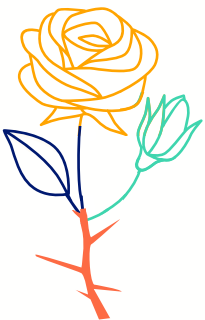


**Stop** Share something that is no longer serving you that you think it would help to no longer do in this moment or season.



**Continue** Share something meaningful or helpful to you that you would like to continue in this moment or season.

## Rose, Bud, Thorn!



**Rose** Share something you are grateful for or something good that happened today.

**Bud:** Share something you are looking forward to or something that gives you hope/motivation.

**Thorn:** Share something challenging/stressful or something that you could use support with.

## Important:

- Consider when, where, and how often you would like to do regular check-ins. Be sure to include anticipated special days (holidays, birthdays, remembrance days).
- Be overtly intentional about following through with Family Touchpoints.
- Acknowledge the benefit of connection and open communication, especially in the midst of stress, transition, and grief.