



Activity: Conversation Playbook - For Families

eluna

RESOURCE CENTER

Objective

A sense of physical safety and security, paired with emotional love and belonging, forms the foundation for meaningful family grief support. These qualities grow through consistent, intentional moments of connection. This playbook offers a blend of quick activities, creative prompts, and simple check-ins that make conversations feel natural, engaging, and woven into everyday life. These intentional touchpoints strengthen family cohesion and identity, helping families come together as a united whole as they move through grief.



Supplies

- Conversation Playbook handout
- Most activities require no supplies.
- Optional: Paper and writing utensils

Instructions

- Pick an activity from the Playbook (next page) to spark connection, learn something new about each other, or just enjoy a moment together.
- It can be helpful to consider creating a routine for when and where to incorporate these family touchpoints.
- Be sure that each family member has an opportunity to participate & the right to pass.
- Following a family touchpoint, take mental note of how the experience was for you and your family and if it might be one to add to the family rhythms.

Considerations

- These are not one-size-fits-all activities. Consider “trying on” a variety of family touchpoints to determine which work best for you and your family.
- Remember to use these moments to take a pause from the chaos of daily life to really connect and prioritize family cohesion.

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

Conversation Playbook

For Families



This playbook gathers a mix of quick activities, creative prompts, and easy check-ins designed to make conversations feel natural, fun, and part of everyday life. Pick one whenever you want to spark connection, learn something new about each other, or just enjoy a moment together.

Gratitude Lightning Round



Write a list of all the things you are grateful for. You have 60 seconds - ready, set, GO!

Kindness Spotlight



Shine a light on kindness: Who was kind to you today? How did you show kindness to someone?

Roadtrip Mini Moments



Use short drives as relaxed check-in time where conversations flow naturally.

Walk-N-Talk



Take a short walk together; side-by-side movement makes conversation easier.

Write-Back Notebook



A shared journal passed between family members - great for quiet reflections.

Doodle a Day



Draw a small doodle that represents your day, then share what it means.

Story Tag



One person starts a story with, "Once upon a time..." and "tags" the next person to keep it going. This continues until another person says, "The end."

High-Five Lists



Pick a category and share your top five - music, snacks, movies, memes, anything.

Type Talk Quiz Night



Take a personality quiz and talk about the results and what feels true.

Family Mix-Tape



Create a shared playlist around a theme and talk about your song choices.

Laugh Track



Everyone brings a funny video or meme to share - bonding through laughter.

Daily Forecast



Describe your day like the weather: sunny, cloudy, stormy, breezy, cold, etc.