

## PowerTalk for Families

### Our Family Portrait

Resilience is the ability of an individual to overcome challenges of all kinds—trauma, tragedy, personal crises, ordinary life problems—and bounce back stronger, wiser, and more personally powerful. This year, the theme for the Power of Choice is “I CAN.” Throughout the year we will be looking at each of the skills listed in the picture below that help to develop and build resilience in our students as individuals and in their families.

We don't want to add MORE things to your life. We want to help you think about some of the skills you already have and find ways that you can use those skills in a more intentional way.

In order to start this year of “I CAN” family activities, it's important for you to get a clear picture of your family. Who are you as individuals and as a group? What goals do each of you have for your family and for yourselves? Grab a snack and a healthy drink and settle in for a family chat.

Use the questions below as a family portrait inventory. Take a snapshot of your family—not with your phone camera, but with your heart. Have family members take turns asking the following questions. Allow everyone the opportunity to answer for himself/herself with no interruptions from other family members. It's important that each person feels free to answer honestly and freely. If it's easier, have each member write the answers and then talk about them.

1. What do I look like?
2. What does our family look like?
3. What do I like about myself?
4. What do I like about my family?
5. What are my best traits (on the inside)?
6. What are our family's best traits?

Use the “I CAN” statements in this poster to the answer questions on the back of this sheet.



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## "I CAN" Poster Questions

- Which statement in the poster describes a skill I am really good at?
- Which statement in the poster describes something our family is really good at?
- Which statement from the picture describes a skill that I would like to work on personally?
- Which statements from the picture describe skills that our family can work on together?

Keep this Inventory until the end of the school year. Check back occasionally to see how your family is progressing.

