



Card: “Begin” - “Be willing to be a beginner every single morning.” -Meister Eckhart

Prompts: This card represents “beginnings.” Where do you think the path on the card leads? Who is at home? And what new beginnings might the people inside be experiencing?

Area: Language Arts **Subject:** Writing (or Speaking) Expression

Purpose: To discuss and express at least 2 ways current circumstances have changed or impacted the following: a) your daily routine, b) your social activities, and/or c) your family’s interactions/communication.

*These lesson plans are meant to be flexible and adaptable for all ages. Your creativity as a family will dictate how you go about implementing each lesson. Each lesson can be broken up by section, especially for children who may need frequent breaks.

BE INTENTIONAL

1. Listen to the song, “I can see clearly now” by Johnny Nash: <https://www.youtube.com/watch?v=yzJiVIXLKDM>
2. Ask the following questions to each family member: a) How is this song about new beginnings?, b) What do new beginnings look like or feel like?, c) What do you enjoy about new beginnings?, d) What are some things that are difficult about new beginnings?
3. Listen to the song again. This time, have one or all family members write down words or draw pictures that demonstrate the ways this song *represents* your family’s unique experience with new routines, new ways of interacting or communicating, or new ways to engage socially. Give some time for reflection, then share out to one another.

BE CRITICALLY/CONSTRUCTIVELY COMPASSIONATE

1. Collect what has been written, drawn or expressed (if expressed orally, you may need to write down what was said on paper).
2. Display your family’s words or illustrations about new beginnings visually (e.g., tacking or taping them up for all to see).
3. Ask the following questions about these new beginnings: a) How are we, as a family, working together well?, b) In what areas are we, as a family, struggling or having challenges?
4. Then after discussion, rank the top 3 ways you, as a family, are working together and the top 3 areas where you are struggling. Taking your time and checking in with your emotions (and breathing), discuss WHY you are working well together and why you may be struggling.

TAKE ACTION

1. As a family, construct a “FAMILY MANIFESTO” or a set of guidelines to work on or abide by. This manifesto should be a joint endeavor to which everyone in the family contributes, no matter the age of the person. For example, you may have a numbered list of guidelines that reflect your family values to assist you during this time of new beginnings.
2. Write down at least 3 guidelines or values on your Manifesto (e.g., *We will listen to one another without interrupting* or *We will schedule activities for the day the night before*).
3. Decorate the Manifesto (Art Poster; Digital Document with Computer Graphics; etc.) and display in a central location.

AT THE END, ASK:

1. Did each family member express at least 2 ways current circumstances have changed or impacted the daily routine, b) social activities, and/or c) the family’s interactions/communication? What did this “expression” entail (speaking, writing, drawing)?
2. What are ways you are going to ensure that the Manifesto is followed? What will this look like (daily or weekly check ins)?