

# My Dream Team



**To foster a deeper understanding and appreciation of each family member's unique qualities, strengthening family bonds through creative expression and reflective discussion.**



## Family Objects

### **Recognising Valued Qualities in Family Members:**

Encourage each family member to reflect on and identify the traits they admire in their relatives, fostering appreciation and mutual respect.

### **Understanding the Role of Diverse Strengths:**

Highlight how various qualities contribute to the family's overall success and happiness, promoting an appreciation for diversity within the family unit.

### **Reflecting on Personal Contributions:**

Prompt individuals to consider their own strengths and how they can positively impact the family, encouraging personal growth and active participation.



## Success Milestones

### **Articulation of Valued Traits:**

Each family member identifies and shares specific qualities they value in others, demonstrating thoughtful reflection.

### **Creative Representation:**

Family members express their perceptions through drawings or writings, showcasing their understanding and appreciation of each other's strengths.

### **Personal Reflection:**

Individuals reflect on their own contributions to the family, considering how they can support and enhance family dynamics.



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## Objective:

To foster a deeper understanding and appreciation of each family member's unique qualities, strengthening family bonds through creative expression and reflective discussion.

## Materials Needed:

- Paper
- Coloured pencils, markers, or crayons
- Pens or pencils

## Setup:

1. **Create a Comfortable Space:** Gather the family in a comfortable area with ample space for writing and drawing.
2. **Distribute Materials:** Provide each person with paper and drawing utensils.

## Instructions:

1. **Envision Your "Dream Team":** Ask each family member to think about their ideal support team composed of people who help them feel successful and loved. These can be real individuals (family members, friends) or fictional characters.
2. **Illustrate or Describe Team Members:** Encourage participants to draw or write about each member of their dream team, noting the specific qualities that make them valuable.
3. **Reflect on Personal Contributions:** Prompt each person to consider the strengths they bring to the family. They can illustrate or write about how they contribute to the family's well-being and success.
4. **Share and Discuss:** Invite family members to share their dream teams and personal reflections. Discuss how each person's unique qualities enhance the family dynamic and how embracing these traits can lead to a more supportive and cohesive family environment.

## Reflection Questions:

- What qualities do you value most in others?
- How do different strengths contribute to a successful family?
- In what ways can you use your unique qualities to support your family?

## Variations for Different Settings:

- **Extended Family Edition:** Include extended family members in the activity to broaden the circle of appreciation and understanding.
- **Community Edition:** Expand the activity to include close family friends or community members, highlighting the broader support network.



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## Additional Notes:

Engaging in the "My Dream Team" activity provides families with an opportunity to celebrate individual strengths and understand how diverse qualities contribute to a supportive and successful family unit. By recognising and appreciating each member's unique contributions, families can foster a culture of mutual respect, understanding, and collaboration.

