

Connect Four Reflection

Gratitude

The "Connect Four Reflection" game is designed to facilitate meaningful family interactions by combining the strategic elements of Connect Four with reflective questioning. Through this activity, families will deepen their understanding of each other's experiences and perspectives, thereby strengthening their emotional connections.



Family Objects

Fostering Reflective Communication:

Family members will engage in meaningful conversations, sharing personal experiences, emotions, and perspectives in a supportive environment.

Enhancing Active Listening and Empathy:

Participants will practice attentive listening, appreciating and understanding the viewpoints and feelings expressed by others.

Strengthening Family Bonds Through Shared Activities:

The game provides a structured yet enjoyable setting for family members to connect, promoting unity and mutual respect.



Success Milestones

Meaningful Sharing:

Each participant articulates personal reflections or stories, contributing to the depth and authenticity of family discussions.

Demonstrated Active Listening:

Family members show engagement by responding thoughtfully to others' sharings, indicating understanding and empathy.

Collective Participation:

All participants actively engage in both the game mechanics and the reflective discussions, ensuring an inclusive experience.



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Objective:

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Materials Needed:

- A standard Connect Four game set.
- A list of reflection questions tailored to various themes (e.g., personal growth, family memories, future aspirations).
- Optional: Notepads and pens for participants to jot down thoughts before sharing.

Setup:

1. **Prepare Reflection Questions:** Create a set of reflection questions that encourage sharing and introspection. These can be written on cards or a sheet of paper for easy access during the game.
2. **Game Arrangement:** Set up the Connect Four game as per standard rules, ensuring all family members are familiar with how to play.

Instructions:

1. **Initiate the Game:** Family members divide into two teams or play individually, depending on the number of participants.
2. **Taking Turns:**
 - On a player's turn, before placing their disc, they draw a reflection question from the prepared set.
 - The player takes a moment to reflect and then shares their response with the group.
 - After sharing, the player proceeds to place their disc into the Connect Four grid.
3. **Game Progression:** Players continue taking turns, sharing reflections, and placing discs, aiming to connect four of their discs in a row (horizontally, vertically, or diagonally) as per standard game rules.
4. **Concluding the Game:** The game concludes when a player or team achieves four connected discs. Consider playing multiple rounds to allow for a variety of reflections and interactions.

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Reflection:

After the game, gather as a family to discuss the experience. Consider prompts such as:

- How did sharing personal reflections during the game make you feel?
- What did you learn about each other that you didn't know before?
- How can we continue to foster open and reflective communication in our daily lives?

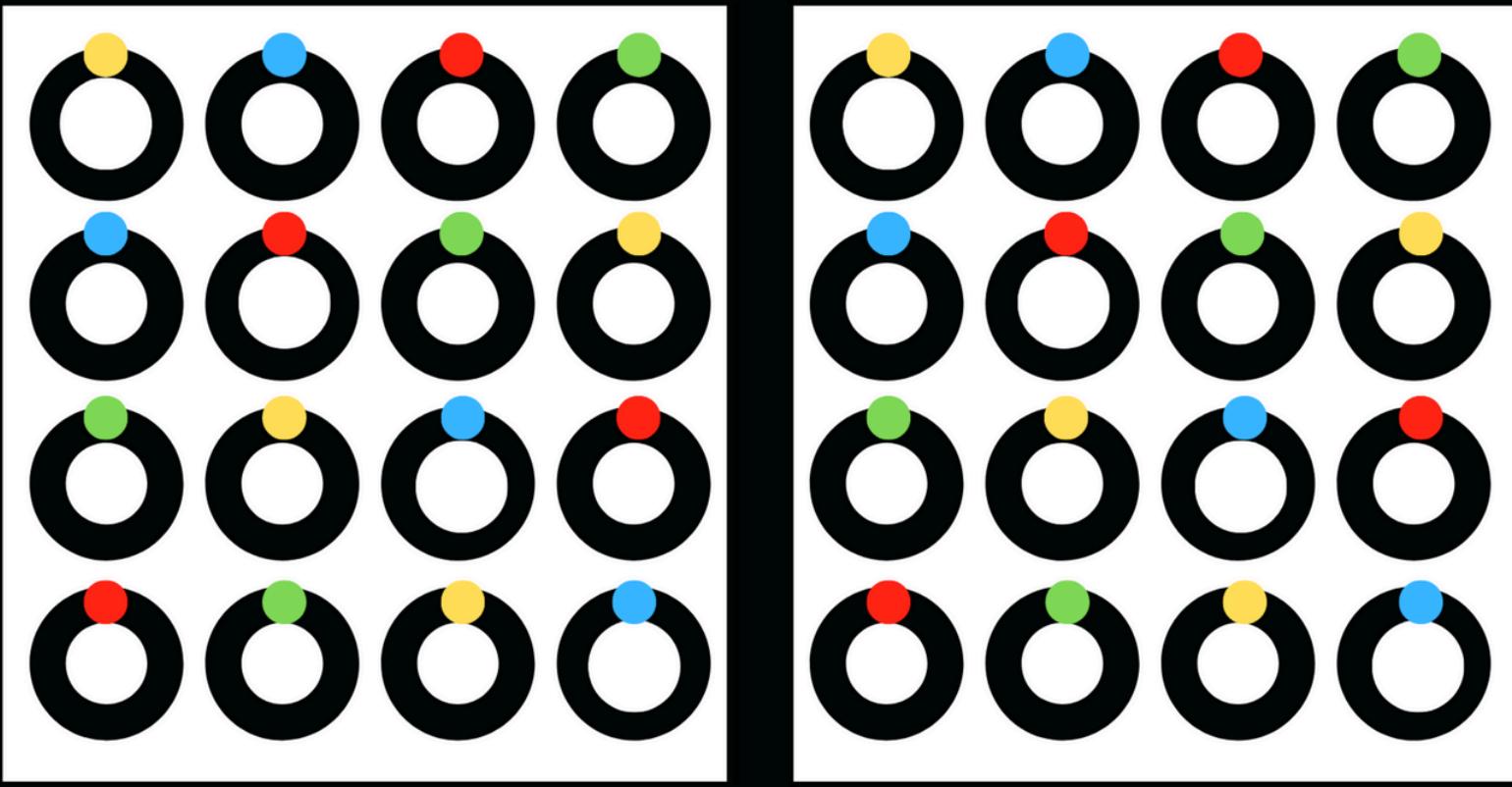
Variations for Different Settings:

- **Themed Reflection Questions:** Tailor the reflection questions to specific themes relevant to the family's current experiences or interests, such as "Overcoming Challenges" or "Celebrating Achievements."
- **Team Play:** For larger families, consider forming teams, allowing members to collaborate on reflections and strategize together during the game.
- **Creative Expression:** Encourage participants to draw or write their reflections before sharing, adding an element of creative expression to the activity.

Additional Notes:

The "Connect Four Reflection" game offers a unique blend of strategic play and meaningful conversation, making it a versatile tool for family bonding. By integrating reflective questions into a familiar game structure, families can create a safe space for sharing, listening, and connecting on a deeper level.

CONNECT FOUR REFLECTION



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- 1. If you had to describe your year in 3 words, what would they be?
- 2. Which new skills have you learnt in the past year?
- 3. In the past six months which mental block(s) did you overcome?
- 4. What was your favourite compliment that you received this year?
- 5. What was your favourite moment spent with your friends in the last three months?
- 6. What one event, big or small, are you going to tell your grandchildren about?

- 1. In the last 12 months what new things did you discover about yourself?
- 2. What, or who, are you most thankful for?
- 3. What 5 people did you most enjoy spending time with?
- 4. What little things did you most enjoy during your day-to-day life?
- 5. What major goal did you lay the foundations for recently?
- 6. What was your favourite place that you have ever visited?

- 1. What single achievement are you most proud of?
- 2. If someone wrote a book about your life this year, what kind of genre would it be?
- 3. What was your biggest break-through moment career-wise or at school?
- 4. What cool things did you create in the last six months?
- 5. What experience would you love to do all over again?
- 6. Which of your personal qualities turned out to be the most helpful this year?

- 1. What was the best news you received in the last three months?
- 2. What was the most important lesson you learnt last year?
- 3. What book or movie affected your life in a profound way?
- 4. Was there anything you did for the very first time in your life this year?
- 5. What do you deserve a pat on the back for?
- 6. Who is your number one go-to person that you could always rely on?