

Family Resource

20 Family Rituals to Instill Responsibility, Kindness, and Gratitude

by Big Life Journal, 2023



ages: 5+



ongoing skill

Skills Practiced

Kindness, Responsibility, and Gratitude

The Why

Incorporate these rituals to build a stronger connection between you and your children.

Kindness

- **Compliment Circle:** Share compliments around the table. Focus on others' qualities and character traits rather than appearance or possessions.
- **Secret Family Adventure:** Family members take turns planning a surprise outing or adventure.
- **Family Cookbook:** Family members contribute their favorite recipes (and stories behind them).
- **Invent-a-Sandwich Day:** Each family member creates a unique sandwich with surprising ingredients.
- **Homemade Gifts:** Create gifts for special occasions rather than buying them.
- **Annual Donation Day:** Gather items to donate to under-resourced people.
- **Kindness Rocks:** Paint rocks with kind messages to share. Place them outside where others can find them.
- **Kindness Coupons:** Create coupons for acts of kindness.
- **Charity Walks or Runs:** Participate in an event for a good cause.
- **Plant + Care for a Tree:** Plant a tree and commit to caring for it together as it grows.

Responsibility

- **Family Meetings:** Discuss responsibilities, set goals, or discuss relevant topics.
- **Hike + Clean:** Combine outdoor hikes with cleaning up trash.
- **Switch Roles Day:** Consider switching family roles, allowing children and adults to experience responsibility from a new perspective.
- **Language of the Month:** Learn a new word or phrase in a different language each month.
- **Family Talent Show:** Host a talent show where everyone showcases their skills and talents.

Gratitude

- **Thankful Jar:** Regularly add notes of gratitude for each other. Choose a consistent day and time to read the notes aloud as a family.
 - **Weekly Gratitude Journal:** Write down what you are thankful for each week.
 - **Dreamcatcher Day:** Each family member designs a dreamcatcher. Everyone shares their dreams and aspirations.
 - **Mealtime Sharing:** Share the day's highlights and challenges.
 - **Gratitude Goodnight:** Before bedtime, share what you are thankful for that day.
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