

Building Bounce Back Families – Facilitator Guide (Approximately a 90-Minutes Class)

Timing	Topic	Activity	Page and PPT #
5-10 min	Welcome	Have participants introduce themselves.	Wrbk. 1 / PPT 1
2 min.	Table of Contents-Objectives	Have volunteer read aloud	Wkbk. 2 / PPT 2
10 min.	What Does Family Mean to You in One Word?	Ask participants to quietly write down the one word that family means to them. Play the video. (Note the last person in the video speaks inaudibly because he is suggesting family is too important for one word.) Ask volunteers to share their one-word description of family.	Wkbk. 3 / PPT 3
1 min.	What is a Family?	Have a volunteer read the paragraph.	Wkbk 3/ PPT 4
10 min.	Questions to share and discuss	Facilitate as a class or put into break-out teams	PPT 5
8-10 min.	Family Circle	Have participants complete their family circle and then share with a partner.	Wkbk 25 / PPT 6
1-2 min.	Resilient Family	Have a volunteer read the definition of a resilient family.	Wkbk 3 / PPT 7
2 min.	Resilient Family Characteristics	Have volunteers read the two paragraphs. Facilitate accordingly.	Wkbk 3 / PPT 7
5-10 min.	12 Principles of Servant Leadership for Resilient Families	Read aloud and expound on each of the 12 principles on the PPT slide. Facilitate by asking volunteers which principles their family does well and which ones would be an opportunity to grow.	Wkbk. 3 / PPT 8-9
2-3 min.	Family Resilience Planning	Have volunteer read aloud the paragraph. Note: If participants do not have their family members present in the class, then go through the following tools and explain how they can use the tools with their families. If family members are present, then the following tools will take about 90 minutes to complete. In such case, you may choose to do the following sections in two parts.	Wkbk 4 / PPT 10
2-3 min.	Getting Started	Have a volunteer read aloud the paragraph,	Wkbk 4 / PPT 11

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5 min.	Family Meeting Agreement	<p>Have two volunteers read aloud the two paragraphs.</p> <p>Ask participants if they and their families have ever drafted a family meeting agreement. Affirm their answers.</p>	Wkbk 5 / PPT 12
2-3 min.,	Examples of a Family Meeting Agreement	<p>Have a volunteer read aloud the examples.</p> <p>Ask the participants, “What are other examples a family might identify?” Affirm their answers.</p>	Wkbk 5 / PPT 13
15 min.	Our Family Meeting Agreement	<p>Have participants fill in actions and attitudes that they would like in their family agreement.</p> <p>Remind them that their family members will likely have items to add as well.</p> <p>After about 5 minutes, divide class into pairs or groups of three, and have them share what they identified as agreement items.</p> <p>After about 5-8 minutes, have a few volunteers share for the larger class what they identified on their list.</p>	Wkbk 6 / PPT 14
5 min.	A Family Mission Statement and Family Values	<p>Have two volunteers read the tips for drafting a family mission statement and family values.</p>	Wkbk 7 / PPT 15
10 min.	Family Mission and Values Discovery Questions	<p>Introduce these questions as a tool to help family members identify what elements to put in their mission statement and what values are the most important to them.</p> <p>Let participants know that it is best if each family member answer these questions so a family can combine all members’ findings.</p> <p>If family members are not present, then it is okay if the</p>	Wkbk 8-11 / PPT 16

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	Family Mission and Values Discovery Questions cont'd.	participants get a head start on their family. Their other family members can do it when they meet.	Wkbk 8-11 / PPT 16
3-5 min.	Next Step: Drafting Our Family Mission Statement and Identifying Family Values	Have a volunteer read aloud the paragraph.	Wkbk 11 / PPT 17
5 min.	Examples of Family Mission Statements	Have three volunteers read aloud the three family mission statement examples.	Wkbk 12 /PPT 18-20
2 min.	Drafting Your Family Mission Statement & Identifying Your Family Values	This is an ideal activity for the whole family. If the participants' family members are not present, then explain that the discovery questions answered by them and their family members will help with the drafting of the mission statement and identifying the values. (See wkbk pages 8-11.)	Wkbk 13 / PPT 21
5-10 min	The Resilient Family Skills Survey	Have participants complete the survey as a family member. If their family members are not present and for best results, they will need to take the survey later. After about five minutes, have participants share the parts of their survey they wish with a partner.	Wkbk 14-17 / PPT 22
5-8 min.	Family Resilience Action Plan	Review the Family Resilience Action Plan with the participants. This action plan is best completed when the entire family is present and have completed the previous activities in the workbook.	Wkbk 17-24 / PPT 23
2 min	What Is Family?	Introduce video as a close for the class on thoughts.	PPT 24
2 min	Thanks	Thanks, and close by having each person share something that was important for them from the class. Encourage them to complete the tools with their family.	PPT 25