



# FAMILY TEAM BUILDING COFFEE MORNING!



# FAMILY TEAM BUILDING: HOW TO BE EFFECTIVE

**Goals**, priorities and expectations which are clearly communicated-

want to be on the same page and be able to problem solve .

**Roles** and responsibilities for every team member

Being a parent can bring uncomfortable emotions and difficult decisions

Power with the parent but sometimes good to involve children as they often have brilliant ideas to contribute to family problem-solving

self esteem and independence.

**Processes** and procedures for making decisions and getting the work done

Clear rules and processes in place helps take the stress out of difficult situations

Child set to succeed by having fair and consistent rules

Reduces stress

**Interpersonal relationships** which are high quality, trusting and flexible

Time & connection

Not just relationship with parents but between siblings

Good communication fosters family connection (two way process)

Finding the right time to bring up a topic



# WHY FAMILY TEAM BUILDING IS IMPORTANT?

Strengthen healthy relationships

Work more effectively as a family e.g. better problem solving, communication

Learn more about each other and learn from each other

Build on trust

Build family bonds through play

Build their self esteem and independence

**HAVE FUN AND FEEL LIKE A TEAM**



# FAMILY ACTIVITIES

Ultimate Kid-Friendly Restaurant -

-Set up a restaurant in your home, and make teams for menu creation, wait staff and cooking crew. Parents c  
the end everyone pitches in to clean up.



Home Trivia

20-25 trivia questions about your home and family members. Purpose: Family Bonding

20-25 questions about your home and family

Answer the question the fastest n correctly.



Family Tree activity

Going for a walk together

Walk the dog

Movie night: Rota?

Board games (create own games?)

Arts & Crafts

Gardening

Treasure hunt



# 5 STATIONS

## 5 MINUTES EACH

### LEGO

Use the different colour Lego to make an Animal, Flower or Building.



### Team Word Builder

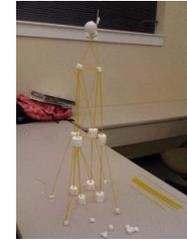
Using a stack of index cards, families get into teams and each member has the same number of cards (minimum of five).

Each person writes a letter of the alphabet on the cards (one per card), and you have a certain amount of time to make words from their letters.

Different colour markers for each family member. Return the cards, mix up the teams and do it multiple times.

### Marshmallow

Using pasta and marshmallows to try build the tallest STANDING tower



### Family portrait

The child can draw a portrait of the parent they came with



### Menu making

Parent and child can develop a menu for them to cook at home and how they're going to set it up

# FREE MUSEUMS



## Bank of England Museum

-There are gold bars dating from ancient times to the modern market bar, coins and a unique collection of banknotes. There are also many items you might not expect to find, such as the pikes and muskets used to defend the bank

## London transport museum

-Only children free

## Museum of London

## National Maritime museum

-14 different galleries to explore

## Natural history museum

## Science museum

## V&A museum of childhood

## Horniman Museum and Gardens

- extensive collections of anthropology, natural history and musical instruments. The museum hosts a variety of special exhibitions, concerts, festivals, shows, workshops and activities.



# WEBSITES

<https://www.jumpstart.com/parents/activities/family-activities>

Also have subject activities

<https://www.familiesonline.co.uk/>

Can look for activities in your area



THANK YOU FOR COMING  
HAVE A LOVELY HALF TERM

