

Printables!



*Shared laughter, heartfelt conversations,
and life's little joys weave the memories that
last a lifetime.*

Choose Your Jar Style

Use one jar for all prompts or separate jars for different themes (Would You Rather, Kindness Challenges, Gratitude, etc.).

Pick a Card

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Share, Listen & Connect

Answer the prompt, complete the challenge, and reflect together. Ask follow-up questions like, “Why did you choose that answer?” or “How did that make you feel?” to deepen the conversation.

Enjoy the Moment

Laugh, learn, and celebrate each other's unique thoughts and stories.

Would You Rather?

Would you rather give someone a big hug or write them a kind note to make their day?

Would you rather have a superpower to spread kindness everywhere or the ability to make everyone smile instantly?

Would you rather play a game that makes you laugh a lot or do an activity that helps you feel calm and peaceful?

Would you rather have a family dance party or a family storytelling night?

Would you rather be really good at helping friends solve problems or be an expert at cheering people up?

Would you rather be able to understand how animals feel or be able to sense when someone needs a hug?

Would you rather have a magic backpack with the perfect tool to help others or a kindness cape that spreads love wherever you go?

Kindness Challenges

Family Appreciation Round – Pick one family member and say one thing you love or appreciate about them.

Memory Share – Share a favourite family memory and why it was special.

Gratitude Spotlight – Pick one family member and everyone shares one reason they are grateful for them.

Encouragement Pass – Whisper a kind or encouraging message to the person next to you and pass it around!

Love Note Swap – Write (or whisper) a quick "I love you because..." message to a family member.

Team Cheer – Create a fun, uplifting family cheer or chant to remind each other you're a great team!

Kindness Snapshot – Each person describes a moment when they saw someone in the family being kind.

Get to Know You Questions

If you could plan the perfect family day, what would we do?

What's one thing you've learned recently that you think is really cool?

If you could switch places with any family member for a day, who would it be and why?

What's one thing that always makes you feel happy?

What's one small thing that makes you feel loved?

What is one thing you love doing with each person in our family?

What is one way our family could spread kindness together?

Gratitude Prompts

Name one thing a family member did today that made you feel happy.

What is a favourite family memory that you feel grateful for?

Name one thing about today that made you smile.

What is something about yourself that you're grateful for?

What's a challenge you faced that you're now thankful for?

If you could say "thank you" to anything in nature, what would it be and why?

What's one fun or silly moment from this week that you feel thankful for?