

The 5 C's Activities

Introduction:

Welcome to "The 5 C's Activities" sheet, inspired by the values of **Creatable Me!** As we journey through life, it's essential to nurture the core aspects of our being that make us unique, compassionate, and connected. This activity sheet is designed to bring families closer together, fostering **Consciousness, Creativity, Connection, Communication, and Character.**

Each activity is a stepping stone towards building a stronger bond, understanding one another better, and creating lasting memories. Whether you're looking for a quiet moment of reflection or a burst of creative energy, there's something here for everyone.

Dive in, explore, and let's co-create moments of growth, discovery, and joy!

1. Consciousness Capsules

Objective: Promote mindfulness and awareness.

Instructions:

Each family member writes down a mindfulness prompt on a piece of paper.

Place all prompts in a jar.

Every day, a family member picks one and the whole family practices it.

Examples:

"Listen to the sounds around you for 2 minutes."

"Focus on your breathing for 5 minutes."

"Feel the texture of an object and describe it."

Supplies:

Jar or container

Pieces of paper or note cards

Pen or pencil

2. Creative Canvas

Objective: Foster creativity and collaboration.

Instructions:

Set up a large canvas or paper on a wall.

Each day, family members add their own drawings, paintings, or writings.

Over time, it becomes a collective masterpiece.

Examples:

Draw a tree and have each member add their own leaves.

Paint a river and let each member add their own fish or boats.

Write a collective story where each member adds a sentence or paragraph.

Supplies:

Large canvas or paper

Drawing and painting supplies (pencils, markers, paints, brushes)

3. Connection Chain

Objective: Strengthen family bonds.

Instructions:

Sit in a circle.

One person starts with a ball of yarn.

They share something they're grateful for about another family member, then roll the yarn to that person, holding onto the end.

The process continues, creating a web of connections.

Examples:

"I'm grateful for Mom's delicious cooking."

"I appreciate how my brother helped me with my homework."

Supplies:

A ball of yarn or string

4. Character Quest

Objective: Instill values and character.

Instructions:

Create a monthly challenge where family members perform acts of kindness. They can share their experiences during family dinners.

Examples:

Helping a neighbor with their groceries.

Writing a thank-you note to a teacher.

Donating old toys or clothes.

Supplies:

Calendar or planner

Note cards or paper for writing experiences

5. Communication Charades

Objective: Improve non-verbal communication.

Instructions:

Classic charades with a twist!

Instead of movies or books, act out emotions or situations.

Players guess the emotion or situation being acted out.

Examples:

Acting out "joy" by jumping around excitedly.

Mimicking "confusion" by scratching the head and looking puzzled.

Supplies:

Bowl or hat

Slips of paper with emotions or situations written on them