**Playbook to Inject the Healthy Undercurrents of Supportive Communication, Security, and Consistency**

*Unhealed Wound Seed*

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**“Healing the Heart by Strengthening Family Connections”**​

**Who:** ​

* Kellie, Nana, Sophie, Grandpa, Sue, Gus, and Kim

​**What:** ​

* Build a tradition of Family Dinner to foster connection, communication, and consistency

**When:** ​

* Family dinner will be once a week on Thursday or Friday night. At each dinner, the adults will decide the night and host for the next dinner.

**Where:** ​

* Dinner will rotate from house to house. Nana will host the first dinner on Friday.

**How:** ​

* Kellie, Nana, Sophie, Grandpa, Sue and Gus will take on specific roles for each dinner. The roles for the first dinner will be decided in coaching. After that the family will decide on who will take which roles for the next dinner. The roles are:
	+ Caller (call or text everyone at least 2 days in advance to remind them of the scheduled dinner and their role for it)
	+ Host (The meal will be held at the house of the host)
	+ Cook (prepare the meal and/or coordinate who is bringing what)
	+ Washer (will clean up after dinner and/or coordinate helpers to clean)
	+ Emcee (will prepare a “question of the day,” and ask it after the thanksgiving time. May get ideas for questions by searching “conversation starters” online)
* Each dinner will begin by everyone saying one thing they are thankful for. Once everyone has an opportunity, then the “Emcee” will ask the question and whoever would like to respond first can or the family can opt to go around the table. All phones should be put away and turned off during the conversation time.
* Utilize the “Donkey Game” (attached) during the conversation/connection time.







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THE DONKEY GAME:

Because donkey sounds nicer than Jack Ass

Rules:

The rules are pretty simple; If you catch someone being negative, mean, or just plain offensive you simply call, "donkey" on them.

The "donkey" then must respond by saying, "Hee Haw" (It is optional to stick your thumbs in your ears with your hands making donkey ear motions while saying, “hee haw")

The "donkey" has the option to sit quietly in time out for five minutes if they are upset and choose not to "hee haw".

The purpose of this game is to make everyone a little more conscious of the way their words affect other people and to help prevent unintentional hurt feelings.

Remember: try to be the "donkey" like the one in the parable on the next page and not the "donkey *11* that makes you sound like a jack ass.

Have fun and good luck!

*The Farmer's Donkey: A Fable for Our Time*

*One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out a way to get him out. Finally, he decided it was probably impossible and the animal was old, and the well was dry anyway, so it just wasn't worth it to try and*

*retrieve the donkey. So, the farmer asked his neighbors to come over and help him cover up the well. They all grabbed shovels and began to*

*shovel dirt into the well.*

*At first, when the donkey realized what was happening he cried horribly. Then, to everyone's amazement, he quieted down and let out some happy brays. A few shovel loads later, the farmer looked down the well*

*to see what was happening and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was shaking it off and taking a step up. (Shifting)*

*As the farmer's neighbors continued to shovel dirt on top of the animal, he continued to shake it off and take a step up. Pretty soon, to everyone's amazement, the donkey stepped up over the edge of the well and trotted off!*

*Moral: Life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and take a step up. Every adversity can be turned into a stepping stone. The way to get out of the deepest well is by never giving up but by shaking yourself off and taking a step up.*

*What happens to you isn't nearly as important as how you react to it. Author Unknown*