

THE CIRCLE OF ATTENTION FAMILY GAME

DIRECTIONS

1. Gather your family in a circle and grab a beanbag.
2. Choose a topic to kick off the game. For instance, you can start with everyone's favorite book.
3. The person holding the beanbag starts the conversation by saying their favorite book. For example, "My favorite book is *Jasper G and the Me-Thinking Madness*."
4. After sharing, they pass the beanbag to another family member.
5. The person now holding the beanbag has to repeat the statement they just heard and then add their own favorite book. For example, "Your favorite book is *Jasper G and the Me-Thinking Madness*, and my favorite book is *Polly the Parrot and the Wonderful Words*."
6. The game ends once everyone has had a turn. Play this game again and again changing up the topics.

After the game, ask your family members:

- What did you need to do to help you pay attention to others?
- What was challenging about this activity?
- How can we continue to listen to each other as a family and be generous with our attention?

