Family Challenge: Sibling Activities

Sample edition for review

Included content: Six optional activities siblings can choose to try
Use: Agree on an activity; anyone can pass or pause

BEFORE YOU BEGIN
Invite each person to choose, change, or skip an activity. Stop if someone wants a break. These activities do not need special supplies.

1. ADD TO A STORY
One person begins a made-up story with a sentence. Each person may add a sentence, draw an idea, or pass. Decide together when to stop.

2. MAKE A SHARED DRAWING
Choose a simple topic together, such as a place or an imaginary animal. Take turns adding one detail. You may draw separately or pass.

3. CHOOSE A GAME PLAN
Name one game or activity people might enjoy. Choose how turns work and how anyone can ask to pause or stop.

4. PLAN A QUIET OPTION
Each person may name, draw, or imagine one quiet activity they can choose on their own. No one has to join another person.

5. PRACTICE ASKING BEFORE BORROWING
Use an imaginary object or a shared item. Practice asking before borrowing it. Listen to yes or no, and agree where it goes afterward.

6. TAKE TURNS CHOOSING
Each person names an activity they would be willing to try. Pick one now, make a plan for another time, or stop without choosing.

OPTIONAL CHECK-IN
Which activity would you choose another time, change, or skip? You can answer, draw, or pass.