Family Support Menu

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A household member faces a busy week.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Offer practical, emotional, and information support while allowing refusal.

3. Which offer is specific and optional?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.