

Sierras
SPEAKS

REAL CONVERSATIONS. REAL IMPACT.

STRONGER
TOGETHER.
BETTER
EVERY DAY.



FAMILY Connection KIT

STRENGTHENING FAMILIES
ONE CONVERSATION AT A TIME



THIS KIT BELONGS TO:



CONNECT
DEEPER



COMMUNICATE
BETTER



BUILD
TRUST



MAKE
MEMORIES



CREATE A
STRONGER FAMILY

REAL CONNECTIONS. REAL CONVERSATIONS. REAL IMPACT.





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REAL CONVERSATIONS. REAL IMPACT.

FAMILY CONNECTION KIT

OUR FAMILY Mission Statement

WHO WE ARE. WHAT WE STAND FOR. HOW WE WILL GROW TOGETHER.

Every family is unique. A family mission statement serves as a reminder of the values, goals, and principles that guide your home. It helps everyone understand what your family believes in and how you want to treat one another, especially during difficult times.

There is no perfect mission statement—only one that reflects your family's heart.

1 OUR FAMILY'S PURPOSE

Why does our family exist?

2 WHAT MATTERS MOST

The values that define our family are:

- | | | | |
|-----------------------------------|---|------------------------------------|---------------------------------------|
| ☐ Love | ☐ Faith | ☐ Integrity | ☐ Courage |
| ☐ Respect | ☐ Responsibility | ☐ Patience | ☐ Service |
| ☐ Honesty | ☐ Compassion | ☐ Teamwork | ☐ Generosity |
| ☐ Kindness | ☐ Forgiveness | ☐ Gratitude | ☐ Perseverance |

Other: _____

3 HOW WE WILL TREAT ONE ANOTHER

In our home, we will:

- ☐ Listen before we respond.
- ☐ Speak with kindness.
- ☐ Respect each other's opinions.
- ☐ Celebrate one another's successes.
- ☐ Work through disagreements respectfully.
- ☐ Encourage one another.
- ☐ Apologize when we are wrong.
- ☐ Forgive and move forward.
- ☐ Make time for one another.
- ☐ Laugh together often.

4 OUR FAMILY GOALS

This year, we want to:



Grow in *Communication*



Grow Closer as a *Family*



Reach This Goal *Together*

5 OUR FAMILY Mission Statement

TOGETHER, OUR FAMILY IS COMMITTED TO...



FAMILY COMMITMENT



PARENT/GUARDIAN

Name: _____

Signature: _____

Date: _____



PARENT/GUARDIAN

Name: _____

Signature: _____

Date: _____



TEEN/CHILD

Name: _____

Signature: _____

Date: _____



TEEN/CHILD

Name: _____

Signature: _____

Date: _____

OUR FAMILY MOTTO

One sentence that reminds
your family who you are.

“

EXAMPLE:

We choose love, show respect,
communicate with honesty,
and grow stronger together
every day.

REAL CONNECTIONS. REAL CONVERSATIONS. REAL IMPACT.

OUR FAMILY Values

Values are the foundation of our family. They shape our decisions, guide our actions, and define how we treat one another and the world around us.

When we live by our values, we build a stronger, happier family.

Choose. Commit. Live it.

1 WHAT ARE VALUES?

Values are the beliefs that matter most to our family. They are not just words—they are how we choose to live every day.

Our values become our legacy.

2 CHOOSE YOUR VALUES

Check the values that are important to your family.

- | | | | |
|------------------------------------|---|---------------------------------------|--------------------------------------|
| ☐ Love | ☐ Responsibility | ☐ Generosity | ☐ Creativity |
| ☐ Respect | ☐ Compassion | ☐ Gratitude | ☐ Curiosity |
| ☐ Honesty | ☐ Patience | ☐ Perseverance | ☐ Fairness |
| ☐ Kindness | ☐ Teamwork | ☐ Courage | ☐ Service |
| ☐ Faith | ☐ Growth | ☐ Peace | ☐ Forgiveness |
| ☐ Integrity | ☐ Wisdom | ☐ Excellence | ☐ Other |

3 OUR TOP FIVE VALUES

Write the five values that mean the most to our family.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

4 WHAT OUR VALUES LOOK LIKE

How do we show each of our top five values in our daily lives?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

EXAMPLES

We listen with our hearts.
We speak kindly, even when upset.
We tell the truth and keep promises.
We help each other without being asked.
We never give up on our dreams.

5 OUR COMMITMENT

We will live our values every day.



We are committed to:

OUR VALUES. OUR CHOICES. OUR LEGACY.

“As for me and my house, we will choose our values and live them out together.”

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REAL CONVERSATIONS.
REAL IMPACT.

OUR FAMILY Goals

DREAM TOGETHER. PLAN TOGETHER. ACHIEVE TOGETHER.

Goals give our family direction and purpose. When we work together, we can accomplish more, grow closer, and create a life we love.

Let's set our goals and take action—together!



*Our dreams.
Our plan. Our future.*

Remember:

Big goals
start with small,
consistent steps.

OUR GOALS



COMMUNICATION

We will grow in how we talk and listen.

OUR GOAL:

WHY IT MATTERS:

ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



SCHOOL & GROWTH

We will support learning and personal growth.

OUR GOAL:

WHY IT MATTERS:

ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



FAITH

We will grow in our faith and trust in God.

OUR GOAL:

WHY IT MATTERS:

ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



HEALTH & WELLNESS

We will take care of our bodies and minds.

OUR GOAL:

WHY IT MATTERS:

ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



FAMILY CONNECTION

We will spend quality time together and make memories.

OUR GOAL:

WHY IT MATTERS:

ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



FINANCES

We will be wise with our money and plan for the future.

OUR GOAL:

WHY IT MATTERS:

ACTION STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Goal Review

Let's check in and celebrate our progress together!

DATE: _____

WHAT WE'RE PROUD OF:

WHAT WE WILL KEEP WORKING ON:

WE WILL...



Encourage one another.



Stay committed and keep going.



Celebrate our wins.



Always choose each other.



Never stop dreaming!

OUR PROMISE

We promise to support each other, work as a team, and never give up on the goals that matter most to our family.

SIGNED WITH LOVE.

Parent/Guardian _____ Date _____
Parent/Guardian _____ Date _____
Child/Teen _____ Date _____
Child/Teen _____ Date _____

One Team. One Dream. One Family.

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SCREEN-FREE Challenge

MORE CONNECTION. LESS DISTRACTION. BETTER TOGETHER.

Too much screen time can steal time, attention, and real moments together.

This challenge helps our family unplug from devices and

plug into what matters most—each other!



Unplug to
Connect.

OUR FAMILY PLAN



OUR GOAL

Why are we doing this challenge?



OUR TIME

Dates of our Screen-Free Challenge

FROM: _____
TO: _____



OUR FOCUS

What we want to strengthen as a family

THE CHALLENGE

We will avoid non-essential screens and choose real-life connection!

OUR SCREEN-FREE TRACKER

Every day is a step toward a stronger, closer family!

DAY	WE DID IT!	QUALITY TIME TOGETHER	GOOD CHOICES	HOW WE FELT
DAY 1	☐	☐	☐	☐
DAY 2	☐	☐	☐	☐
DAY 3	☐	☐	☐	☐
DAY 4	☐	☐	☐	☐
DAY 5	☐	☐	☐	☐
DAY 6	☐	☐	☐	☐
DAY 7	☐	☐	☐	☐

★ WAY TO GO, FAMILY! YOU DID SOMETHING AMAZING TOGETHER.

SCREEN-FREE ACTIVITY IDEAS

Instead of Screen Time, Try...



Cook a meal or bake something together



Play board games or card games



Go outside: walk, ride bikes, hike, or play sports



Have deep conversations and really listen



Read books together or tell stories



Do arts & crafts or get creative



Volunteer or do an act of kindness



Dance, sing, or have a family talent show



Make memories: take photos, journal, or scrapbook



Have a family campout or backyard movie night

Connection is our favorite activity.

BENEFITS OF GOING SCREEN-FREE

- ✓ Better sleep
- ✓ More face-to-face time
- ✓ Stronger relationships
- ✓ Less stress & better mood
- ✓ More time for what matters

Less screen time today,
more memories tomorrow.

WEEKLY REFLECTION

What did we enjoy most?

What was challenging?

What will we do differently next time?

OUR FAMILY PLEDGE

We choose connection over distraction.
We value our time together and will be intentional about making memories that last.
We accept the Screen-Free Challenge!

Parent/Guardian _____ Date _____

Parent/Guardian _____ Date _____

Child/Teen _____ Date _____

Child/Teen _____ Date _____



Our time.
Our conversations.
Our family.
Our choice.

REAL CONNECTIONS. REAL CONVERSATIONS. REAL IMPACT.

Unplug today.
Connect for life.



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EMOTIONAL

Check-In

CHECK IN. LISTEN. UNDERSTAND. GROW TOGETHER.

We all have big feelings sometimes. Checking in helps us understand ourselves and each other so we can support one another with love.

STRONGER
TOGETHER.
BETTER
EVERY DAY.

It's ok to
not be ok.
It's not ok to
stay that way.

HOW I FEEL RIGHT NOW

Circle or color the face that matches how you feel.



HAPPY



CALM



OKAY



WORRIED



FRUSTRATED



SAD



ANGRY



ANXIOUS



TIRED



LOVED

MY CHECK-IN

Today, I felt this way because...

Something good that happened today...

Something that was hard today...

One thing I'm proud of...

WHAT I NEED RIGHT NOW

What would help you feel better or supported?

A hug ☐

Someone to talk to ☐

Quiet time ☐

Time to move ☐

Encouragement ☐

A break ☐

Love & understanding ☐

Other: ☐

It's okay to ask for what
you need.

CONVERSATION STARTERS

Use these questions to start a meaningful
conversation with your family.

What made you smile today?

What was the hardest part of your day?

What's something on your mind?

How can I support you better?

What are you looking forward to?

What's one thing we can do together
this week?

Is there anything you need help with
right now?

Listening is one of the greatest
gifts we can give each other.

Family Reminder

Feelings are not good or bad—
they are real and important.

We listen. We respect. We love.

We grow together.

OUR FAMILY COMMITMENT

We promise to check in, *listen with love*, and support each other
through every high and every low.

Parent/Guardian: _____ Date: _____

Child/Teen: _____ Date: _____

Parent/Guardian: _____ Date: _____

Child/Teen: _____ Date: _____



REAL CONVERSATIONS. REAL IMPACT. STRONGER TOGETHER.





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FAMILY Wellness ASSESSMENT

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EVERY DAY.

A HEALTHY FAMILY. A HAPPY FAMILY. A STRONGER FUTURE TOGETHER.

Family wellness is about more than just being healthy—it's about feeling connected, supported, and balanced in all areas of life. Take a few minutes to check in as a family.

Be honest. Be kind. Be committed to growing together.

RATE YOUR FAMILY IN EACH AREA

On a scale of 1–5, how would you rate your family in the following areas?
1 = Needs Improvement 3 = Doing Okay 5 = Thriving

AREA	1	2	3	4	5	NOTES
EMOTIONAL WELL-BEING We express our feelings, support each other, and manage stress well.	☐	☐	☐	☐	☐	
COMMUNICATION We talk openly, listen well, and resolve issues respectfully.	☐	☐	☐	☐	☐	
RELATIONSHIPS We spend quality time together and have strong connections.	☐	☐	☐	☐	☐	
PHYSICAL HEALTH We eat well, stay active, get enough sleep, and take care of our bodies.	☐	☐	☐	☐	☐	
MENTAL HEALTH We have a positive outlook, encourage each other, and seek help when needed.	☐	☐	☐	☐	☐	
FINANCIAL WELL-BEING We budget, save, and make smart financial decisions together.	☐	☐	☐	☐	☐	
HOME ENVIRONMENT Our home feels safe, clean, organized, and full of love.	☐	☐	☐	☐	☐	
SPIRITUAL WELL-BEING We grow in faith/values and support each other spiritually.	☐	☐	☐	☐	☐	

WHAT'S GOING WELL?

Check all that apply.

- ☐ We communicate openly
- ☐ We spend quality time together
- ☐ We support each other
- ☐ We handle stress well
- ☐ We are kind and respectful
- ☐ We make healthy choices
- ☐ We have fun together
- ☐ We meet our responsibilities
- ☐ We encourage each other
- ☐ We are growing together
- ☐ Other: _____

AREAS WE WANT TO IMPROVE

Check or write the areas your family wants to focus on.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Why are these important to us?

OUR TOP 3 PRIORITIES

What matters most for our family right now?

- 1 _____
- 2 _____
- 3 _____

ACTIONS WE WILL TAKE

What small steps can we take to improve?

- 1 _____
- 2 _____
- 3 _____

WE WILL...

- ☒ Communicate with love
- ☒ Support one another
- ☒ Make our health a priority
- ☒ Manage our time wisely
- ☒ Grow in faith/values
- ☒ Celebrate wins together
- ☒ Never give up on each other



OUR FAMILY COMMITMENT

We commit to working together to build a healthy, happy, and strong family.
We choose love, respect, and grace every day.

Parent/Guardian: _____ Date: _____ Child/Teen: _____ Date: _____
Parent/Guardian: _____ Date: _____ Child/Teen: _____ Date: _____

REAL CONVERSATIONS. REAL IMPACT. STRONGER TOGETHER. One Family. One Team. One Love.



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CONFLICT

Resolution



**STRONGER
TOGETHER.
BETTER
EVERY DAY.**



**WE DON'T JUST
SOLVE PROBLEMS—
WE GROW FROM THEM.**



STRONGER TOGETHER. KINDER TOGETHER. BETTER TOGETHER.

Disagreements are normal. How we handle them makes all the difference. We choose respect, understanding, and solutions that bring our family closer.

OUR GOAL:

Resolve conflicts in a way that honors each other, builds trust, and keeps our family strong.



OUR 5-STEP CONFLICT RESOLUTION PROCESS

1 COOL DOWN

Take a deep breath. Step away if needed. Calm minds make better decisions.



We will:

2 LISTEN

Everyone gets a chance to speak. Listen without interrupting.



We will:

3 UNDERSTAND

Share how you feel using "I" statements. Try to see things from each other's point of view.



We will:

4 SOLVE TOGETHER

Brainstorm solutions that work for everyone. Choose the best one together.



We will:

5 MAKE IT RIGHT

Follow through, forgive, and move forward together. We grow from it!



We will:

CONFLICT DO'S



- ♥ Be respectful and calm
- ♥ Use kind words
- ♥ Listen with an open heart
- ♥ Take turns speaking
- ♥ Focus on the problem, not the person
- ♥ Be willing to forgive
- ♥ Work as a team



CONFLICT DON'TS



- ✗ Yell or raise your voice
- ✗ Use mean or hurtful words
- ✗ Interrupt or ignore others
- ✗ Blame or bring up the past
- ✗ Threaten or walk away
- ✗ Hold grudges
- ✗ Give the silent treatment

I-STATEMENT STARTERS

- ♥ I feel _____
- ♥ when _____
- ♥ because _____
- ♥ I need _____
- ♥ I would like _____
- ♥ Can we _____?

CONFLICT CHECK-IN

When we have a disagreement, we can ask ourselves:

- ☐ What's really bothering me?
- ☐ What do I need right now?
- ☐ How can I say it kindly?
- ☐ What do I want the outcome to be?
- ☐ What's best for our family?



HOW DID WE DO?

After resolving a conflict, let's reflect together. Rate how we did:

We listened to each other ☆☆☆☆☆

We were respectful ☆☆☆☆☆

We found a solution ☆☆☆☆☆

What went well?

What can we do better next time?



TOOLS THAT HELP US



Take a Break
It's okay to pause and calm down.



Talk It Out
Share your thoughts and feelings.



Find Common Ground
Look for what we both agree on.



Ask for Help
Talk to a parent or trusted adult when needed.



Pray Together
Faith and peace help us heal.

REMEMBER:

It's not about winning.
It's about understanding.
It's not about being right.
It's about being kind.
It's not about me. It's about **WE.**



OUR FAMILY COMMITMENT



We commit to resolving conflicts with love, respect, and patience. We choose to build each other up and never tear each other down.

Parent/Guardian: _____ Date: _____ Child/Teen: _____ Date: _____
Parent/Guardian: _____ Date: _____ Child/Teen: _____ Date: _____
Parent/Guardian: _____ Date: _____ Child/Teen: _____ Date: _____



♥ REAL CONVERSATIONS. REAL IMPACT. STRONGER TOGETHER.

One Family. One Team. One Love. ♥

Sierra SPEAKS



CONVERSATION Starters



Every conversation is a chance to connect.



REAL CONVERSATIONS. REAL CONNECTIONS. STRONGER TOGETHER.

Great conversations build trust, understanding, and stronger relationships. Use these questions to talk, listen, and grow together as a family—one conversation at a time.

LISTEN MORE.
JUDGE LESS.
LOVE MORE.



GET TO KNOW EACH OTHER

- ♥ What's something new you learned recently?
- ♥ What's something small that made you happy today?
- ♥ If you could have any superpower, what would it be?
- ♥ What's a fun fact about yourself that most people don't know?
- ♥ What do you love most about our family?



FEELINGS & EMOTIONS

- ♥ How are you really feeling today?
- ♥ What was the best part of your day? Why?
- ♥ What was the hardest part of your day?
- ♥ When you feel stressed or upset, what helps you feel better?
- ♥ Is there anything on your mind that you want to talk about?



RELATIONSHIPS & CONNECTION

- ♥ How can we support you better?
- ♥ What does being a good friend mean to you?
- ♥ Who inspires you and why?
- ♥ How can we show more love and kindness to each other?
- ♥ Is there anything we can do together as a family more often?



GROWTH & GOALS

- ♥ What's one goal you're working on right now?
- ♥ What's something you're proud of accomplishing?
- ♥ What do you want to get better at this year?
- ♥ Where do you see yourself in 5 years?
- ♥ What can we do to help you reach your goals?



VALUES & LIFE LESSONS

- ♥ What's something important that you've learned this week?
- ♥ If you could give advice to your younger self, what would it be?
- ♥ What does integrity mean to you?
- ♥ What's the right thing to do even when no one is watching?
- ♥ What do you think our family values are?



FUN & LIGHTEARTED

- ♥ If we could take a trip anywhere together, where would we go?
- ♥ What's your favorite family tradition? Why?
- ♥ If our family had a theme song, what would it be?
- ♥ What's the silliest thing that happened this week?
- ♥ If we had a family game night tonight, what games would we play?



THE BEST TIME TO TALK IS ANYTIME.

Let's keep the conversation going!



TIPS FOR BETTER CONVERSATIONS

- ✓ Create a safe space—everyone gets a chance to speak.
- ✓ Listen with your heart, not just your ears.
- ✓ Put away distractions and be present.
- ✓ Respect each other's thoughts and feelings.
- ✓ Ask follow-up questions and really listen.



Remember:

It's not about having all the answers. It's about being there for each other.



REAL CONVERSATIONS.



REAL IMPACT.



STRONGER TOGETHER.



One Family. One Team. One Love.





Faith & ENCOURAGEMENT

BUILDING A FAMILY ROOTED IN FAITH. GROWING IN HOPE. ENCOURAGING EACH OTHER EVERY DAY.

STRONGER
TOGETHER.
BETTER
EVERY DAY.

DAILY REMINDERS

We choose to...

- Trust in God's plan for our family
- Speak life, love, and kindness
- Encourage one another every day
- Forgive quickly and give grace
- Pray together and for each other
- Celebrate every victory—big or small
- Keep faith at the center of our home

ENCOURAGING WORDS

Write a kind and encouraging message to each family member.

TO MOM / DAD:

TO SON / DAUGHTER:

TO BROTHER / SISTER:

TO OUR FAMILY:

FAITH IN ACTION

Ways our family shows our faith every day.

- ☐ Pray together
- ☐ Read and learn together
- ☐ Help those in need
- ☐ Show kindness to others
- ☐ Give generously
- ☐ Attend church / fellowship
- ☐ Share our faith
- ☐ Other: _____

YOU ARE GOD'S MASTERPIECE

You are loved. You are chosen.
You are made for a purpose.

Keep shining!



SCRIPTURE FOR OUR FAMILY

Encouraging truths to hold on to.



For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

JEREMIAH 29:11



Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

JOSHUA 1:9



And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together.

HEBREWS 10:24-25

PRAYER CORNER

Today, we lift our family up in prayer.

- God, we thank You for... _____
- We ask You to help us... _____
- Please watch over and protect... _____
- We pray for strength in... _____
- In Jesus' name, Amen.

THINGS WE'RE GRATEFUL FOR

List some of the blessings in our lives.

1. _____
2. _____
3. _____
4. _____
5. _____

FAMILY ENCOURAGEMENT JAR



Write uplifting notes, scriptures, or kind words on slips of paper. Put them in the jar. When someone needs encouragement, read one out loud!

OUR FAMILY DECLARATION

We declare...

- ☒ We are loved.
- ☒ We are forgiven.
- ☒ We are protected.
- ☒ We are never alone.
- ☒ We walk by faith.
- ☒ We can do all things through God who strengthens us!

We've got this!

FAMILY CHALLENGE

This week, let's encourage someone in a new way!

“Encourage each other and build each other up!”

1 THESSALONIANS 5:11

TALK. PRAY. ENCOURAGE.
LOVE. REPEAT.



One Family.
ONE TEAM. ONE LOVE.

REAL CONVERSATIONS. REAL IMPACT. STRONGER TOGETHER.

One Family. One Team. One Love.