

OPERATION RECOVERY

COMMUNITY & FAMILY WELLNESS TOOLS

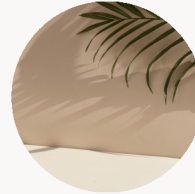


FAMILY WORSHIP & REFLECTION TIME

WHAT TO DO:
PLAY/SING ONE WORSHIP SONG TOGETHER
AND ASK:

- "WHAT STOOD OUT TO YOU?"
- "HOW DID THIS ENCOURAGE YOU THIS WEEK?"

WHY IT WORKS:
BUILDS SPIRITUAL UNITY AND GROUNDING.



"WALK & TALK" FAMILY WALK

TAKE A 10-20 MINUTE WALK TOGETHER WITH A
"NO PHONES ALLOWED" RULE.

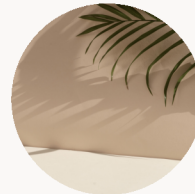
WHY IT WORKS:
ENCOURAGES STORYTELLING AND HELPS FAMILIES RECONNECT WITH JOYFUL MEMORIES.



MEMORY NIGHT: SHARE A PHOTO

EVERYONE PICKS ONE OLD PHOTO AND TELLS
THE STORY BEHIND IT.

WHY IT WORKS:
ENCOURAGES STORYTELLING AND HELPS FAMILIES RECONNECT WITH JOYFUL MEMORIES.



FAMILY GAME NIGHT

EXAMPLES:
BIBLE TRIVIA, CARD GAMES, UNO, DOMINOES,
JENGA, CHARADES, HEADS UP.

WHY IT WORKS:
CREATES LAUGHTER, TEAMWORK, AND PLAY — IMPORTANT FOR STRESS RELIEF.

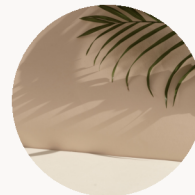


FAMILY CHECK-IN: "HIGHS, LOWS & GRATITUDE"

WHAT TO DO:
ONCE A DAY OR ONCE A WEEK, GO AROUND
THE ROOM AND LET EACH PERSON SHARE:

- A HIGH (BEST PART OF THE WEEK/DAY)
- A LOW (CHALLENGE THEY FACED)
- ONE GRATITUDE

WHY IT WORKS:
IMPROVES EMOTIONAL AWARENESS AND STRENGTHENS COMMUNICATIONS.

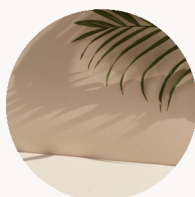


SERVE TOGETHER

IDEAS:

- PACK A CARE BAG FOR SOMEONE
- WRITE CARDS TO SENIORS
- DONATE GENTLY USED CLOTHES TOGETHER
- PARTICIPATE IN COMMUNITY OUTREACH

WHY IT WORKS:
STRENGTHENS COMPASSION AND GIVES FAMILIES SHARED PURPOSE.
IMPROVES EMOTIONAL AWARENESS AND STRENGTHENS COMMUNICATIONS.



"QUESTION OF THE WEEK" CONVERSATION STARTER

PICK ONE QUESTION EACH WEEK:

- WHAT MADE YOU SMILE THIS WEEK?
- WHAT'S ONE THING YOU WANT PRAYER FOR?
- WHAT DREAM ARE YOU WORKING TOWARD?
- WHAT IS SOMETHING YOU LEARNED ABOUT YOURSELF THIS MONTH?

WHY IT WORKS:
OPENS DEEPER CONVERSATIONS IN A SAFE, NATURAL WAY.

