Family Protocol for Parents

The Wellness Pizza can be used as a simple family ritual, a shared moment to check in with one another without it feeling like an interrogation.

It works best when the atmosphere is **calm, voluntary, and low-pressure**. The goal is not to solve everything in one conversation, but simply to create space for reflection and connection.

When To Use It

You can use the Wellness Pizza at home in many different moments, for example:

• When a family member seems withdrawn, irritable, or “off,” but you’re not sure how to open a conversation
• As a regular family check-in (weekly, monthly, or at the start of a new school term or season)
• After a big change or stressful period, such as a move, loss, new school, or transition
• Even when things are going well and you simply want to stay connected

How To Run a Family Session

Step 1: Set the tone

*Choose a calm moment, **not during an argument or a rushed morning**.*
*Place the Wellness Pizza on the table and let everyone know this is simply a **family check-in**, not a test or evaluation. The goal is to listen and understand one another.*

Step 2: Everyone builds their own pizza

Each family member selects the slices that feel most relevant to their life right now.
*Younger children may need help reading or understanding the slice labels. There are **no right or wrong choices**.*
Optional: Scoring
*After building their pizza, each person can rate their slices from **1 to 10**:*
1 = struggling
10 = thriving
Some families enjoy using scores to track changes over time. Others prefer to simply talk without scoring.

For younger children, a simpler scale can work well:

Doing well
In the middle
Needs attention
If scoring feels competitive or uncomfortable, skip it and move directly to conversation.

Step 3: Share and listen

*Go around the table and invite each person to share why they chose **one or two slices**.*
Use the conversation starters below if helpful.
The most important rule:
The listener's job is to be curious, not to fix.

Step 4: Pick one next step together

*At the end of the conversation, each person identifies **one small thing** they would like to work on or improve.*
Where possible, family members can support each other with that goal.
Small steps matter more than big promises.

Family Conversation Starters

Choose the prompts that feel natural for your family.

- *Which slice feels most important to you right now?*
- *Was there a slice you almost chose but didn't? What made you hesitate?*
- *Which slice feels strongest in your life at the moment?*
- *Is there a slice where you might want a little support?*
- *Is something happening in one of these areas that we haven't talked about yet?*
- *What would a **10 out of 10** look like for you in this slice?*
- *What is one small thing that could make this slice feel a little better?*

A Note For Parents

Children often talk more easily about feelings **when their hands are busy**. The act of choosing and arranging slices gives them a way to think and reflect without being put on the spot.
If your child is quiet or hesitant, **don't push the conversation**. It is perfectly okay for them to build their pizza silently.
Sometimes the most meaningful part of the activity is simply **seeing which slices they choose**. The conversation can come later, often when you least expect it.

Remember
The goal is not perfection.
The goal is **connection, reflection, and small steps toward wellbeing**, one slice at a time.