

Family Hopes and Dreams

WITH PRESCHOOL AGE CHILDREN

Establishing family hopes and dreams gives us something to work toward together and we want kids of all ages to be a part of the process. This can be challenging with very young children, so here are some ideas to consider for including kids in a hopes and dreams project:

- **Make a tree** – Include them in finger-painting: handprints make great leaves on a tree (cut up paper grocery bags work great for finger-painting on or for making a tree trunk!). When all your paint has dried, write your family hopes and dreams on the poster with a permanent marker.
- **Make a collage** – to simplify, have kids cut construction paper into different shapes and sizes. Use these to write your family hopes and dreams on. Paste them on your poster (kids LOVE being in charge of glue sticks or telling you where to put things next. Adding some puff balls, buttons, or stickers from the dollar store can also be fun).
- Remember, this is just as much about the **process** of thinking through things you want in your family and in your future, as it is about the **finished product**. So let kids have fun with it.
- **Keep it short and sweet**, so kids can be engaged and stay excited about the project. Even if kids are too young to process “hopes and dreams” they can have a sense of pride and ownership of a poster that they helped glue or paint. This may mean you do more ahead of time and just let them assemble.
- For kids who are more verbal, or a little older, ask prompt questions to **add a few of their own ideas**. For example, “What should our home be like?” “What kind of family do you *wish* we could be?” “What do you want to be when you grow up?” “What do you really hope might happen in the future?”
- **Have fun!** And remember, if making the poster is a positive experience, your child will enjoy looking at it and be reminded of what is important to your family.

