

# Family Ideal Scene

## Description:

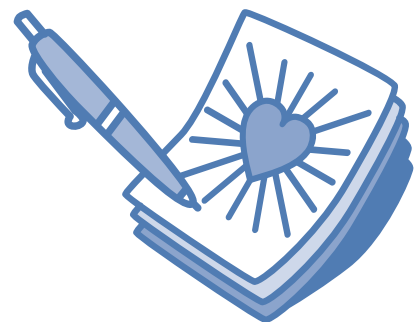
A Family Ideal Scene is a visual, written display of descriptive statements and intentions. The Ideal Scene can be posted on a common room wall and added to as necessary. Your family can use the Ideal Scene as a way to “declare” new ways of being together, new behavior, and intended experiences you would like to have as a result of participating in FOCUS. Ideal Scenes work much like affirmations - just the process alone of identifying how your family would like to feel together and experience the world, can help create positive ways of thinking, feeling, and acting!

## Supplies:

Ideal Scenes can be made on any size paper, including large pieces of posterboard or drawing paper. Make sure you have pens and markers to make your Family Ideal Scene as creative as you like.

## Directions:

Begin by titling the Ideal Scene and writing the date. Then draw a heart in the middle of the page. Inside, write the words: Our Family. Then draw spokes that originate in the center heart and move out across the page. *See example on the next page.* On the spokes, write statements about your family. Statements should be positively focused, use active language, and descriptive adjectives. The Ideal Scene captures your family’s intentions for how you would like to be as a family. For example, if your family is not so happy with your level of family closeness, but you are working on increasing your feeling of togetherness, the Ideal Scene can reflect the goals that you are working toward. Ideal Scenes can be general and specific. If your family has an upcoming event, trip, or important date, an Ideal Scene can be created to help your family “get on the same page” with your hopes, expectations, and goals for the event.



# Family Ideal Scene

Date: .....

