



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

Our Family Can Do This! Sharing a Positive Outlook

Parents and Caregivers

The following activities are for Parents and Caregivers. Having a positive outlook and gratitude, for example, can help improve sleep, increase feelings of pleasure and joy, and reduce loneliness. Simple activities that take only a few minutes can be powerful in building gratitude and positivity.

Below are two positivity-building activities. “Counting Blessings” can be done when alone and “Pits and Peaks” can be done with others.

Internal Action

Counting Blessings

Counting blessings can be done anytime and in many ways.

- Begin by making a point each day to identify three things that have gone well or for which you are grateful for. This can take place during daily routines such as while brushing your teeth, showering or just before going to bed. Counting blessings may be easier on some days than others.
- Something as simple as remembering to get mail from the mailbox can be a blessing!
- Try writing down your blessings or save them so you can remember them later.
- Sharing your blessing is another way to improve your outlook.

External Action

Pits and Peaks

At mealtime or other times together, can lead a "pits and peaks" chat.

- Each family member shares a challenge experienced as well as the best thing that happened during the day. Starting with the pits and ending with the peaks allows everyone to end on a positive note. You may also share drawings of pits and — especially — peaks.
- Drawings help others to see how each family member is feeling. The drawings can be posted as reminders for the coming week and future family talks. To learn more about sharing Pits and Peaks you may watch this short video: [Pits and Peaks: Lunch and Learn](#)

The activities on this page were adapted from:

Emmons, R. A. (2008). Thanks!: How practicing gratitude can make you happier. Houghton Mifflin.

Emmons, R. A. (2010). Why gratitude is good. https://greatergood.berkeley.edu/article/item/why_gratitude_is_good

Emmons, R. A. (2010). Ten ways to become more grateful.

https://greatergood.berkeley.edu/article/item/ten_ways_to_become_more_grateful1/

Emmons, R. A. & McCullough, R. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377-389.



FAMILIES TACKLING TOUGH TIMES TOGETHER



College of Health and Human Sciences

Welcome to Families Tackling Tough Times Together!

We hope you find the enclosed ideas and suggestions helpful as you care for your family during the pandemic. We know the pandemic is a very big challenge. How families cope can affect both parents and children for a long time.

We are scientists, educators, and students from Purdue University, and we are here to help! For nine weeks this fall, we will provide weekly collections of ideas for families to use to build on their strengths.

These tools are free, flexible, and informed by science. They are designed for families of all types, with tailored suggestions for children, youth, young adults and older adults, and suitable for both civilian and military families. We hope that your family will try one activity each week!

Would you like to earn financial rewards?

We especially welcome families living in the continental US who are interested in trying out project materials and telling us about their experiences. These families can earn financial rewards by sharing about one hour of their time over the next two months. Sign up now at the link below!

https://purdue.ca1.qualtrics.com/jfe/form/SV_3vK1BJq2EiUksAJ

For more information

- Join the Families Together Facebook group: <https://www.facebook.com/groups/HHSFamiliesTogether/>
- Or visit the project website: <https://www.hhs.purdue.edu/families-together/>