



FAMILIES TACKLING TOUGH TIMES TOGETHER

ORIENTATION FOR ENGAGEMENT AND DISSEMINATION PARTNERS

We Share Our Feelings Constructively! Open Emotional Expression

Theme 6: "We Share Our Feelings Constructively! Open Emotional Expression" is the *Families Tackling Tough Times Together* resilience theme for this week. According to Froma Walsh, one of the world's leading scientific experts on family resilience, experiences during the pandemic can produce strong emotions for everyone. Families where members can communicate openly and constructively about their emotions, build their resilience. As Froma explains, families that develop a shared sense of meaning about stressful events build their resilience.

This collection offers activities to help family members of all ages learn to display **empathy** and **compassion** as they listen to and share emotions. Sharing positive interactions and being a good listener are essential when helping each other through adversity. This can be done through showing love, appreciation, and pride. This collection offers activities to help family members of all ages build and share skills related to positive communication of emotions.

In order to practice skills of **empathy and compassion**, this week's activities encourage family members to:

1. Share painful feelings with understanding
2. Share positive feelings, humor, and fun amid difficulties
3. Respect individual needs and differences

One way to encourage your participants to engage online during this week's activities is to ask specific questions about the active listening skills they are encountering. Were any of these skills new or surprising for your participants? Do any of them have tips and tricks they can share with other participants that we were not able to include in the kit?

There are activities in the kit this week that promote these skills. For example, the "Circle Process" activity for families and the "Listening During Play" activity for children. As with the previous weeks, you can ask your participants to share with others what worked well, what was challenging, and what questions they might still have about these activities.

For Additional Information on this Week's Theme

[Watch the interview with Froma Walsh on ways families can share feelings constructively](#)