

# EVERYDAY PRACTICES FOR HARMONY AT HOME

Take a moment to learn about Harmony Goals, Meet Up, and Buddy Up in the Online Portal, and use these suggestions for trying these Everyday Practices at home:

## HARMONY GOALS

Foster a sense of emotional wellbeing and trust in your family by creating Harmony Goals that honor how each member wants to interact and be treated. Harmony Goals are positive statements that gently remind family members to follow these family agreements, respect boundaries, solve problems, and celebrate each another.

### Tips for Family Harmony Goals:

- As you create goals, focus on supporting each other in a confined space for longer periods of time.
- Consider each family member's responsibilities and daily schedules and agree on designating quiet and "action" spaces where family members will be learning, working, and playing.
- Agree on times when it's appropriate to engage with technology and media.
- Take time during your family Meet Up to share how family members are successfully following Harmony Goals or problem solve when difficulties arrive.

## MEET UP

Meet Up is a nurturing routine that will bring your family together to share experiences, exchange ideas, and resolve conflicts when they arise. It's a special time for each family member to feel safe, comfortable, and valued. During Meet Up each person in your family will learn about their own and others' feelings and have opportunities to express empathy and compassion.

### Tips for Family Meet Up:

- Begin the day together to share schedules, stories, and activities.
- End the day and reflect on what went well and share challenges and new learnings.
- Take time to express gratitude each day.

## BUDDY UP

Buddy Up brings "Buddy pairs" together for a brief time to engage in themed conversations and activities. It's a great way to learn more about your buddy and discover commonalities and differences. Having and being a "Buddy" enhances a sense of connection, shared motivation, and empathy for one another. Buddies select one Quick Connection Card and engage in conversations and collaborative projects.

### Tips for Family Buddy Up:

- Use Buddy Up with family members, extended families, and friends.
- Practice Buddy Up with a different family partner each day.
- Set aside daily time to Buddy Up with a classmate or a peer outside your home by phone or social media.
- Use Buddy Up time to open up a conversation with a child or a peer who is struggling with their emotions.

## QUICK CONNECTION CARDS

You will soon look forward to using the Harmony Quick Connection Cards to spark discussions, learn about commonalities and differences, collaborate, and engage in brief activities. Quick Connection Cards can be used for Meet Up, Buddy Up, and conversations during family mealtimes.