

# Family Community Night

## Strengthening Connections



Hosting a Family Community Night is a meaningful way to encourage family bonding while promoting emotional awareness. This event offers families the chance to engage in simple, age-appropriate activities that strengthen connections and build skills for recognizing and talking about feelings. By creating a shared space to explore emotions together, schools can support healthy communication at home and foster a nurturing environment where children feel seen, heard, and supported.



## Sample Event Overview & Schedule:

**Suggested timeframe:** 1.5 to 2 hours, early evening

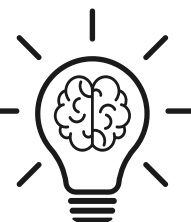
**Location:** School gym, cafeteria, or multipurpose room



### Time | Activity

Time	Activity
5:30 - 6:00 PM	Welcome & Light Refreshments
6:00 - 6:10 PM	Opening Remarks - Principal or PTA/PTO rep
6:10 - 6:30 PM	Guest Speaker
6:30 - 6:45 PM	Q&A Session
6:45-7:30 PM	Breakout Stations/Activity Rotations
7:30-7:45 PM	Closing, Raffle Drawing, & Thank You

## Guest Speaker Ideas:



### Suggested options include:

- School Counselor or Social Worker – “Understanding Emotional Needs in Children”
- Child Psychologist – “How to Talk to Kids About Their Feelings”
- Mindfulness Expert or Yoga Instructor – “Practicing Calm at Home”
- Pediatrician or Nurse – “How Sleep, Nutrition, and Screen Time Impact Mental Health”
- Parent Panel – Real stories of managing anxiety, ADHD, or grief

An engaging and impactful Family Community Night starts with meaningful connections—both within families and throughout the school community. As planning begins, consider inviting local professionals to share practical strategies and insights that support mental and emotional wellness at home. Guest speakers can help foster understanding, encourage open dialogue, and strengthen the bridge between school and home.

To maximize community involvement, reach out to professionals who are not only knowledgeable but also familiar with the needs of children and families. Look for speakers who can offer guidance on topics relevant to your school community.



## Interactive Stations/Activity Ideas:

Incorporating short, easy-to-do activity stations can make the event both fun and meaningful for families. These stations encourage hands-on participation, spark conversations about emotions, and create opportunities for families to bond in a relaxed setting. Interactive activities help make topics like emotional expression approachable for all ages.

Set up activity tables where families can choose based on their interest. Examples:

### Mind Jar Making Station – Create calming glitter jars

- [BHC Creating a Glitter Jar](#)
- [BHC Glitter Jar Script](#)

### Self-Care Wheel Activity – Kids and parents make a visual of their favorite self-care habits

### Emotion Storytime – Reading books about feelings

- “The Color Monster” by Anna Llenas
- “Listening to My Body” by Gabi Garcia
- “In My Heart: A Book of Feelings” by Jo Witek
- “My Mixed Emotions” by DK

### Art for Expression Table – Draw “What Makes You Feel Happy”

### Conversation Card Station – Make take-home prompts to spark family dialogue

- [BHC Healthy Family Communication](#)
- [BHC Magic of Mealtime](#)

### Photo Backdrop with Positive Affirmation Signs – Encourage smiles and takeaways

## Take-Home Resources:

Consider printing handouts or a list of helpful online resources for families to take home at the end of the event. Providing accessible tools, such as tip sheets on managing emotions, mindfulness activities, or links to family bonding activities, can help families continue the conversation and practice healthy habits together beyond the event.

- [BHC Coping with Childhood Stress](#)
- [BHC Family Bonding Activities](#)
- [BHC Nature Based Bingo](#)
- [BHC Screen Time](#)
- **Printable Calm-Down Tools:**
  - [BHC Mindful Moment Cards](#)
  - [BHC Lazy 8 Breathing](#)
  - [BHC Breathing Ball Exercises](#)

## Optional Add-Ons:

- Potential raffle prizes to encourage participation: yoga mats, journals, books, water bottles
- Feedback form to assess what families found helpful and want more of

### Event Goals Recap:

- Normalize conversations around feelings
- Offer easy tools families can use together
- Build community and school-family connection

