

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

Middle School Kids

Being an Empathetic Family - Brown Bag Exercise

Empathy is valuing other people's feelings and opinions. During times of stress, we want to stay connected to our family and not treat them in a harsh way. A great way to show your family some love is by "Brown Bagging It."

The following exercise comes from the Reconnecting Youth (RY) program. It is an evidence-based program offered by Youth First.

- For this daily practice, all you need is a small brown paper bag, paper, crayons or markers, and a writing utensil.
- Write down positive statements about each family member daily.
- Be sure to include weekly achievements!
- Collect all statements in the brown paper bag.
- Be as creative as you like with your bag and notes of affirmation.
- Feel free to read the notes at the end of the day or at least at the end of the week for a quick smile and stress reducer.
- Hint: A great time to share notes of affirmation is during family meal time.



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.