

Family color *night*

A 45-minute activity guide. Everything you need is free on this site.

1. Set the scene (5 min)

Gather paper, crayons or markers and a snack in each of the eight colors if you can (strawberries, blueberries, oranges, grapes...). Explain that tonight is about noticing how everyone is different, and that every color is a great color.

2. Take the kids quiz together (10 min)

Read the nine kids quiz questions aloud and let each person answer. Grown-ups play too. Write everyone's color buddy on the family color chart printable.

3. Color buddy portraits (10 min)

Each person draws their color buddy as a creature, using the mascot ideas on our kids page or inventing their own. Share them and hang them up.

4. Story time (10 min)

Read the story for one family member's color aloud. Ask: what was the buddy great at? What did they learn? Have you ever felt like that?

5. Appreciation round (10 min)

Go around the table. Everyone names one superpower they've seen in each person this week. Write them on the chart.

Tips for grown-ups

- Keep it light: colors are for fun and conversation, never for labeling a child.

- If a child dislikes their result, let them pick a different buddy. Choosing is part of the fun.
- Repeat it in six months and see if anyone changed.

You'll need: the kids quiz, the family color chart and one of the color buddy stories.