

## FAMILY FAITH ACTIVITY: Join us in “The Wondering Together” Project

The Wondering Together Project is a simple, short daily practice for families to connect, to hear a little bit about one another’s day, and to be held and loved in their sharing. It can be done anywhere (even on vacation!) in 5-10 minutes.

Created in response to the pandemic by Sally Thomas, a chaplain and R.N., this daily ritual:

- Fosters connections among family members, coworkers, and any group gathering together
- Can make it easier for children to talk about the big stuff when things get rough, especially if done consistently during “normal” times
- Makes us more sensitive and empathetic people just by sharing stories on a consistent basis

### How to Wonder Together

- Carve out 10 minutes (it may take a little less ... or a little more) each day.
- Gather together in a place and a way that fits into your life.
- Set aside any “digital distractions” so that these ten minutes together are peaceful, and you can really listen to each other.
- Print out the graphic on the next page of the questions and have someone ask the first one.

**“I wonder what part of today you liked the best?”** Some may have just a word or two to share while others may tell a short story. Just listen to one another. Everyone always has the right to pass.

**“I wonder what part of today was the most important part?”** Allow everyone to answer with a phrase or a short story.

**"I wonder when you felt most alive today?"** (Alternate question for groups with younger children "I wonder when you had the most energy today?"

**"I wonder what part of today you would have liked to leave out?"**

The last question is, **"I wonder how you are feeling in this moment?"**

Close your Wondering Together time by thanking God and one another. Take turns at who asks the questions each time.

If you would like to join us on Zoom, send an email message to [family@trinitynewhaven.org](mailto:family@trinitynewhaven.org) and request the link.

**Questions Graphic appears on next page.**

**LET'S WONDER  
TOGETHER WITH OUR  
TRINITY FRIENDS!**

Save the dates of  
Sunday, **July 17, 2022**  
and Sunday, **August 14, 2022**  
as we meet on Zoom at 6:30 PM  
to answer the questions  
as a large group.



2. I wonder what part of today was the most important part?

1. I wonder what part of today you liked the best?

5. I wonder how you are feeling?

3. I wonder when you felt most alive today?

4. I wonder what part of today you would have liked to leave out?