

## The Family Constellation

In the past, our ancestors thought that the patterns in the stars were designs that reflected some of their heroes, gods and goddesses and even stories that they passed from one generation to another. They identified the star patterns with their own life cycles and it was reassuring that their guardians were watching over them. Today, we call those star clusters and patterns, constellations (planetsforkids.org).

A family is like a constellation. Like stars in the sky.

Like stars, people in your family make you feel special by bringing light into your life. These people can be moms. And dads. Sisters and brothers. Stepmoms and stepdads and grandparents. They are friends. And teachers. And pets.

Your family is made up of the individuals that know you best. They love you whatever you do. When you make a mistake, they don't hold it against you. Instead, they say, "I love you." And "I believe in you." And "Let's make this right."

The stars in your family constellation are there, whether you see them or not.

Grab a pencil and paper. Respond to the questions below by listing the individuals in your life that demonstrate their love for you in the following ways.

- Who knows you better than everyone else?
- Who is there for you when you are scared? Or sad? Or happy?
- Who stays up all night when you aren't feeling well?
- Who tells you "Good job?"
- And "That's okay."
- And "I've got your back."
- Who are the people that know your favorite ice cream?
- And cheer for you . . . no matter what?



These people are your family.  
Your family is a constellation.

Like stars in the sky,  
they bring light to your life.

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