



# VIRTUAL FAMILY EDUCATION SERIES

## SELECT A PICTURE & SHAPE A FAMILY VISION

**SPEAKER - DR. RICHARD ORLANDO**

[Link to Blog Post](#) | [Link to Video](#)

Hello, my name is Richard Orlando, founder of Legacy Capitals, and more importantly a husband and father. Like most families around the world you are probably quarantined with some family members and still have other family members you cannot be with yet. During these unprecedented times, our Legacy Capitals team is committed to provide you with various ideas and activities that you can implement with your loved ones, whether they are literally with you in your home or virtually connected by phone or video.

Our intention is to help you make the most of this time until we were all on the other side of the situation and back to the busyness of life. I know I am committed to helping my family use this time to set goals, grow, and come out of this better aligned with what really matters in life. Most recently we posted a 14-day series of blog posts titled *Family Quarantine Time*. In case you missed them, you can find these blogs by going to [LegacyCapitals.com/blog/](https://LegacyCapitals.com/blog/).

Our new series is called, *Virtual Family Education*. In this series there are short videos each providing an activity to implement with your loved ones. You can also find this series posted on [LegacyCapitals.com/blog/](https://LegacyCapitals.com/blog/) as well as other sites such as our LinkedIn and Twitter sites. I would recommend that you first watch the video to learn about the activity, and then schedule time to gather your family virtually or otherwise to share the activity together.

---

Here is today's activity. Today's activity is based on our *Legacy Impressions Cards*, a deck of cards that we utilize with many of the families we serve. It's an effective and fun way to create meaningful conversations among family members. A deck of cards represents different images that allow each family member to choose from after a question is posed to everyone. What we're showing you are 12 of the 40-something cards that are in the deck presently.

So, here's how it goes. One family member will ask questions, and as he or she asks the question each family member then looks at these 12 choices and selects the card that best portrays their answer to the question. So, for example, *which card best portrays a recent goal you've set for yourself?* You'd ask that question, then each family member would look at the images, select one, and then everyone will go around and describe why that image best represented their answer.

Or, you could ask questions that are more relevant to what we're all experiencing today, such as, *"Which card best portrays how your family will come together to face these current challenges? Or which card best portrays the greatest hopes for you and your family?"* So, you'd ask those questions, or any other questions that come to mind, and then have each family member select an image, and share why they selected that image with the rest of the family.

After everyone has asked a series of questions, such as the ones I've just presented, made their selections, and discussed their choices, then ask, *what benefits did you derive as a family from this activity?*

If you're interested in this exercise in its fuller form, you can go to [LegacyCapitals.com/shop/](https://LegacyCapitals.com/shop/). Then, find the image which represents the deck of cards, add it to your cart, and go from there. That deck of cards, which is a fuller deck of cards, represents many more images and many more examples of questions to utilize to make this a meaningful experience for your family now and in the future.

Enjoy and thank you for your time.