



# Week 4 Toolkit · Family Version

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## Family Resilience, Gratitude & Rituals

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IAETDAA | International Arts Education & Therapy Development Academic Association

May Family Therapy Month · Healing Through Art, Drawing Closer to Each Other

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### 1. This Week at a Glance

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**Core Question:** How do we stay together?

**This Week's Goals:**

Look back – see the changes of this month

Say thank you – express seeing each other

Create rituals – keep the good habits alive

**Core Golden Saying:**

Therapy Month may end, but drawing close to each other does not have to end.

**Keywords:** Review · Gratitude · Ritual · Anchor

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### 2. What Is Family Resilience? (3-Minute Read)

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Family resilience is NOT "our family never fights." It is:

After a fight, you can still sit down and eat together

When you are hurt, someone is willing to help you heal

When you fail, someone says "It's okay – try again"

Resilience = The family's ability to bounce back

#### The Four Pillars of Family Resilience

Pillar	Description	This Week's Practice
Seeing	Acknowledge problems, see	Review four weeks of

Pillar	Description	This Week's Practice
	each other	drawings
Expressing	Say feelings, say thanks	Gratitude practice
Connecting	Repair relationships after conflict	Family rituals
Continuing	Keep good practices alive	Choose one small thing to do regularly

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## 3. This Week's Activities (For the Whole Family)

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### Activity 1: Family Timeline (25 minutes)

**Materials:** One long sheet of paper (at least A3), colored markers, stickers, family photos (optional)

**Steps:**

#### 1. Draw a timeline

Left side: "Before May"

Right side: "Now"

Middle: The timeline of this month

#### 2. Mark the "highlight moments"

Each person uses their own color to mark "one thing I will never forget this month" on the timeline

Could be: during relay drawing, saying "I need," a family member knocking...

#### 3. Mark the "change points"

"What is different about our family this month?"

Example: "Before, after a fight we wouldn't talk; now we knock first to calm down"

#### 1. Take turns sharing

"What I want to remember most is..."

"What I hope will continue is..."

#### 2. Discussion Questions:

How have you changed this month?

How has your family changed?

What is one thing you don't want to forget?

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### Activity 2: Gratitude Tree (20 minutes)

**Materials:** One large sheet of paper with a big tree drawn on it, colored sticky notes, markers

**Steps:**

### 1. Draw a "Family Gratitude Tree"

On the trunk write "Our Family"

Branches are for "words of gratitude"

### 2. Each person writes 3-5 "gratitude leaves"

On each leaf, write one thank you to a family member

Not "thank you for the money" – but:

"Thank you for listening to me today"

"Thank you for not walking away when I was angry"

"Thank you for letting me be myself"

### 3. Post and read together

Each person takes turns posting their leaves

Read aloud while posting: "I want to thank... because..."

### 4. Hang it on the wall

The family can keep adding leaves throughout May

**Advanced play:** Each person adds one leaf at dinner every day. After one month, see how full the tree has become.

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## Activity 3: Four-Week Drawing Review Exhibition (20 minutes)

**Materials:** All relay drawings, masks, territory drawings from Weeks 1–4

**Steps:**

### 1. Lay out all four weeks of work

Arrange in chronological order

### 2. Each person chooses one "my favorite"

Say why

### 3. Each person chooses one "most changed"

"How is Week 1's drawing different from Week 4's drawing?"

### 4. The whole family gives it a title together

"If our family's four weeks of drawings were a book, what would the title be?"

**Observation Guide:**

Week 1 Drawing	Week 4 Drawing	What It Means
Everyone draws separately, no connections	More connections, the blank filled	Family connection has grown stronger
Someone covers/changes others	Someone waits	Power conflict has decreased
Someone draws in corners, very small	Someone draws toward center,	The voice of a marginalized member

Week 1 Drawing	Week 4 Drawing	What It Means
	larger	has been heard

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## Activity 4: Family Ritual Selection Meeting (20 minutes)

**Materials:** One large sheet of paper, markers

**Steps:**

**Each person suggests one "small thing we want to keep doing"**

For example:

"Draw together for 15 minutes every Sunday night"

"Take turns saying one happy thing at dinner every day"

"Knock first when angry – no slamming doors"

"Watch one cartoon together every Friday night"

### 1. Family vote

Each person gets 3 votes

Choose the 1-2 with the highest votes

### 2. Write the "Family Ritual Card"

Ritual name:

When to do it:

Who will remind:

How long to do it:

### 1. Sign and post

Post on the refrigerator or in the living room

**Template:**

## Our Family Ritual

Ritual name: \_\_\_\_\_

Time: Every \_\_\_\_ at \_\_\_\_ o'clock

How to do it: \_\_\_\_\_

Reminder person: \_\_\_\_\_

Signatures: \_ \_ \_

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## Activity 5: Relay Drawing · Gratitude Edition (20 minutes)

**Rules:** No talking, one stroke per person per turn, take turns

**Theme:** "Our Month"

**Discussion after drawing:**

1. How is this drawing different from Week 1's relay drawing?

2. Which stroke makes you feel the warmest?

3.If you could give this drawing a title, what would it be?

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## Activity 6: Growth Certificate Ceremony (10 minutes)

**Materials:** One "graduation certificate" template per person, markers

**Steps:**

Each person fills out their own certificate

"This month, I learned how to..."

"I want to thank..."

"I hope to continue..."

**Present to each other**

Each person reads their certificate aloud

Family applauds/hugs

**Template:**

Family Therapy Month · Certificate of Completion

Congratulations \_\_\_\_\_

This month, you learned how to: \_\_\_\_\_

What deserves to be seen most about you: \_\_\_\_\_

We are proud of you.

Date: May 2026

Family signatures: \_\_\_\_\_

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## 4. This Week's Practice Cards (Printable)

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### Daily Gratitude Check-In Table

Day	Who did I thank today?	For what?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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## Family Ritual Card (Post on Refrigerator)

Our Family's Chosen Ritual(s):

1.

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1.

2

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Start date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Reminder person: \_\_\_\_\_

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## First Aid Toolbox (Review of Previous Three Weeks)

When...	Try this...
About to start a fight	Pause first: "Let's talk in half an hour"
Someone enters without knocking	Gentle reminder: "Our family boundary agreement"
Don't know what to say	Switch to "I need..."
No one is talking	Take out paper and markers: "Let's do a relay drawing"
Need to calm down	"I need to be alone for a while – I'll be back in ____ minutes"

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## 5. Common Questions

**Q: What if family members don't want to do the "review"?**

A: Start small. Just do "choose your favorite drawing" – nothing else. Do it first, then add more later.

**Q: What if our family hasn't changed much?**

A: No change is also a kind of seeing. You can discuss: "What did we want to change but didn't? What can we try next month?"

**Q: What if we choose a ritual but no one follows it?**

A: Rituals take time. For the first two weeks, gently remind – don't blame. If after a month it's still not working, choose a simpler one.

**Q: What if my child is too young to understand "gratitude"?**

A: Start with concrete things – "Thank you for putting away your toys" is better than just "thank you." They can also draw a heart to represent thanks.

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## 6. This Week's Golden Sayings

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Resilience is not about never getting hurt – it's about standing up together after being hurt.

Therapy Month may end, but drawing close to each other does not have to end.

Rituals are the anchor of the family.

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## 7. Four-Week Summary

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Week	Theme	Core Question	What Remains
1	Power Structure	Who decides?	The ability to see
2	Communication Patterns	How do we speak?	The habit of changing words
3	Boundaries & Space	Where can I be myself?	The respect of knocking
4	Resilience, Gratitude & Rituals	How do we stay together?	One small thing that continues

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## This Week's Healing Goals

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- ✓ Look back – see the changes of this month
  - ✓ Say thank you – express seeing each other
  - ✓ Create rituals – keep the good habits alive
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**Family Version (all tools):** Free download at [www.iaetdaa.com](http://www.iaetdaa.com)

**Therapist Version (with clinical frameworks and intervention scripts):** Free for IAETDAA members at [www.iaetdaa.com/membership](http://www.iaetdaa.com/membership)

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Wishing you a joyful and engaged time together.

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*Healing begins with seeing.*