

Grandparent + Grandchild Weekly Connection Keepsake-Journal

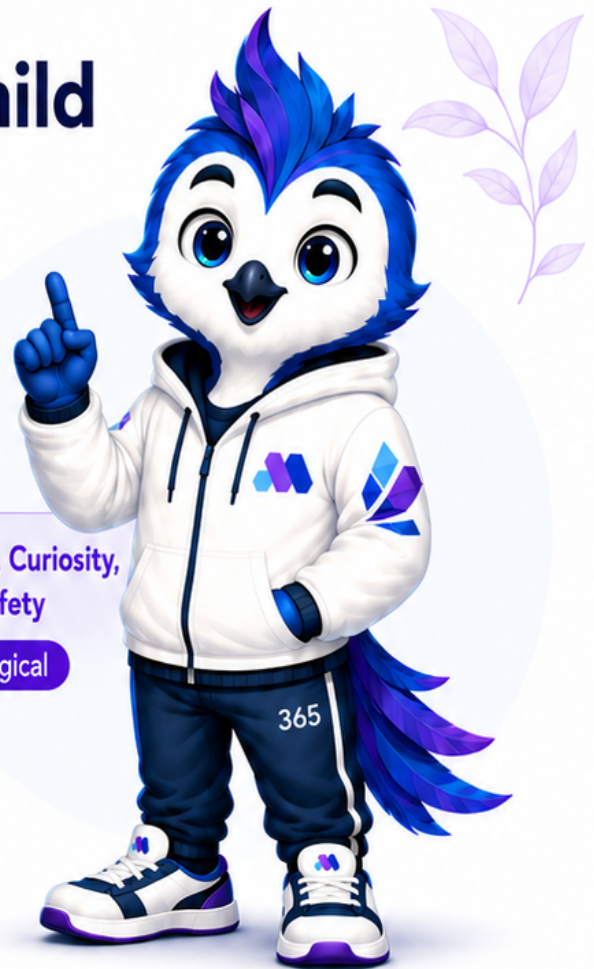
*A 7-week faith-friendly journey of
connection, purpose, and small
meaningful change*

“ *Microchange leads to
substantive change.* ”
— Edward L. De La Loza



**Week 2: Feelings, Curiosity,
and Emotional Safety**

7-DTL Focus: Psychological



1 Our Weekly Focus (7-DTL)



This week we focus on the
Psychological dimension: naming
feelings, growing curiosity, and
building emotional safety through
calm, honest connection.

2 Together Check-In

How do we feel today?



Happy

☐


Okay

☐


Curious

☐


Worried

☐


Frustrated

☐


Sad

☐

Today we may need:



Encouragement

☐


Quiet

☐


Prayer

☐


Listening

☐


Patience

☐


Time Together

☐

3 Small Microchange We'll Practice

This week, our small step is:

*Naming one feeling together and
offering one simple prayer about it.*



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Opening Prayer Together

Dear Jesus, help us share our feelings
with honesty and kindness. Help us
listen with gentle hearts, speak with
love, and remember that You are
always with us. Amen.



5 Share One Small Moment

Something small that happened this week that mattered to us:

♡

Grandparent may write while your grandchild shares — perhaps saying, “I like your thinking. That matters to me. Let me write that down so I remember.” Or, “Thank you for telling me. I’m listening, and what you say is important.”

6 Draw It!

Draw a picture of a feeling, a helpful moment, or something that made us feel safe and understood.

☀

7 Grandchild Space

My words:



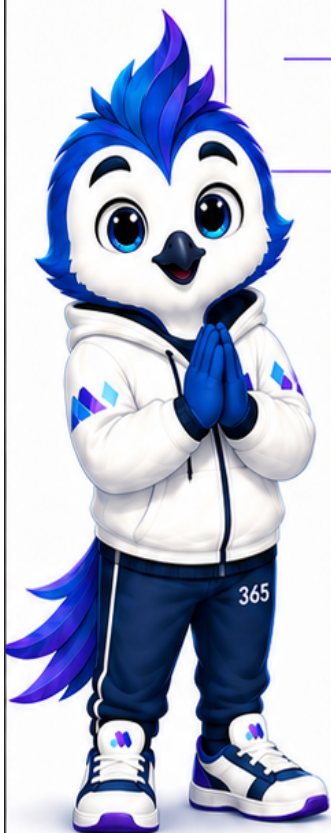
8 Faith Reflection & Prayer

This week's Scripture

"Cast all your worries upon him because he cares for you."

— 1 Peter 5:7

What does this mean to us?



9 Gratitude & Blessing

We are grateful for:

- ---
- ---
- ---

Let's pray a blessing for our week together:

Lord Jesus, bless our thoughts, feelings, and conversations. Help us listen with care, speak with kindness, and rest in Your peace. May our hearts feel safe in Your love and close to one another. Amen.



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Today's Shared Microchange



Today, we will: _____

How it helps: _____



11



Feelings + Prayer Note

One feeling or question we noticed today:



God welcomes every feeling.

When we notice, name, and share what is
in our hearts, we grow in peace, trust, and courage.



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Our Week 2 Memory

A picture of us this week!



One word that describes our week together:

Thank You, God, for this week!



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