Mental Health 365, Inc.
EST. 2008

Start Here:

How to Use This Series

Summer Connection Series for Catholic Grandparents and Grandchildren

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



This series was created to help Catholic grandparents and grandchildren grow closer through simple weekly activities, conversation, prayerful reflection, and small "microchanges' that can strengthen family bonds over time.

Behind this series is a deeper invitation for grandparents: the later years of life are not simply a time to step away from former responsibilities — what the world often calls retirement — but a time to enter what I call **aspirement:** a season of continued purpose, wisdom, service, faith, and meaningful presence within the family.

> *"It is better to aspire than retire."*
> — Edward L. De La Loza

Many grandparents carry a quiet desire to remain useful, needed, and spiritually purposeful. This series encourages grandparents to see their role not as finished, but as continuing in a beautiful and important way. Rather than simply asking, "What am I retiring from?" grandparents are invited to ask, "What is God still calling me to aspire to?"

Through the Seven Dimensions of Transformational Living, or 7-DTL, this series offers a simple path for grandparents and grandchildren to grow together across seven connected areas of life:

1	Biological	Caring for the body, energy, and physical well-being.
2	Psychological	Nurturing the mind, emotions, and inner strength.
3	Relational	Building loving relationships and family bonds.
4	Philosophical/Spiritual	Growing in faith, meaning, values, and purpose.
5	Inspirational	Cultivating hope, gratitude, joy, and inner motivation.
6	Educational	Lifelong learning, creativity, and sharing wisdom.
7	Social	Engaging with others, community, and the world.

Each week includes a small, practical focus that can be used at home, in parish family ministry, in Catholic school communities, or in intergenerational gatherings.

How the Series Works

Use one handout per week for seven weeks.
Each week includes:

- A weekly theme connected to one of the 7-DTL dimensions
- A small microchange to practice
- A simple activity for grandparent and grandchild
- Conversation starters
- A brief faith-friendly reflection
- A practical way to strengthen connection across generations

Small moments. Big change.

The series can be completed in about 15–30 minutes per week, though families may spend more time if they wish. Grandparents may use the pages independently with their grandchildren, or a parish may introduce the series and distribute one handout each week.

No Presentation Is Required

The materials are designed to be self-guided. A grandparent can begin by reading the weekly page, choosing one activity, and using one or more conversation starters with the grandchild.

For parish or ministry use, a brief 5–10-minute introduction may be helpful, but the series does not require a formal presenter. The handouts are intended to be simple, printable, and easy to follow.

Parishes may also use the 7-DTL framework as a gentle way for grandparents to gather, share their lived experiences, exchange ideas, and inspire one another to remain lovingly involved in the lives of their grandchildren. In this way, the series can become more than a set of handouts — it can become a source of encouragement, fellowship, and renewed purpose.

Homeschool communities may also creatively share these materials with grandparents, inviting them to take part in learning, storytelling, prayer, family traditions, and intergenerational connection. This can help grandparents feel welcomed into the educational and spiritual life of the family while giving children the gift of deeper relationships. across generations.



Together, we grow closer in love, faith, and purpose.

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Keep Going:

Suggested Weekly Rhythm

1. Begin with a short prayer or quiet moment.
2. Read the weekly theme together.
3. Try the activity.
4. Choose one conversation starter.
5. End by naming one small thing you will practice during the week.

One walk.
One prayer.
One question.
One story.
One act of kindness.
One moment of attention.
One meaningful connection.



These small steps, repeated with love, can become lasting memories and life-shaping moments.

Purpose of the Series

The goal is not perfection.
The goal is presence.

One walk, one prayer, one question, one story, one act of kindness, or one moment of attention can become a meaningful bridge between generations. Over time, these small microchanges can help grandparents and grandchildren grow in faith, connection, emotional wellbeing, and family identity.

Grandparents have a sacred opportunity to pass on love, wisdom, memory, encouragement, and faith.

This series is an invitation to embrace that opportunity with joy — to aspire rather than retire — and to continue discovering how God can work through the grandparent-grandchild relationship in every season of life.



OFFICIAL REVEAL

Meet Milo

The newest face of Mental Health 365.

Milo represents encouragement, compassion, wellness, growth, and support — for adults, kids, families, and communities — 365 days a year.

Mental Health Every Day
for Everybody — Everywhere.



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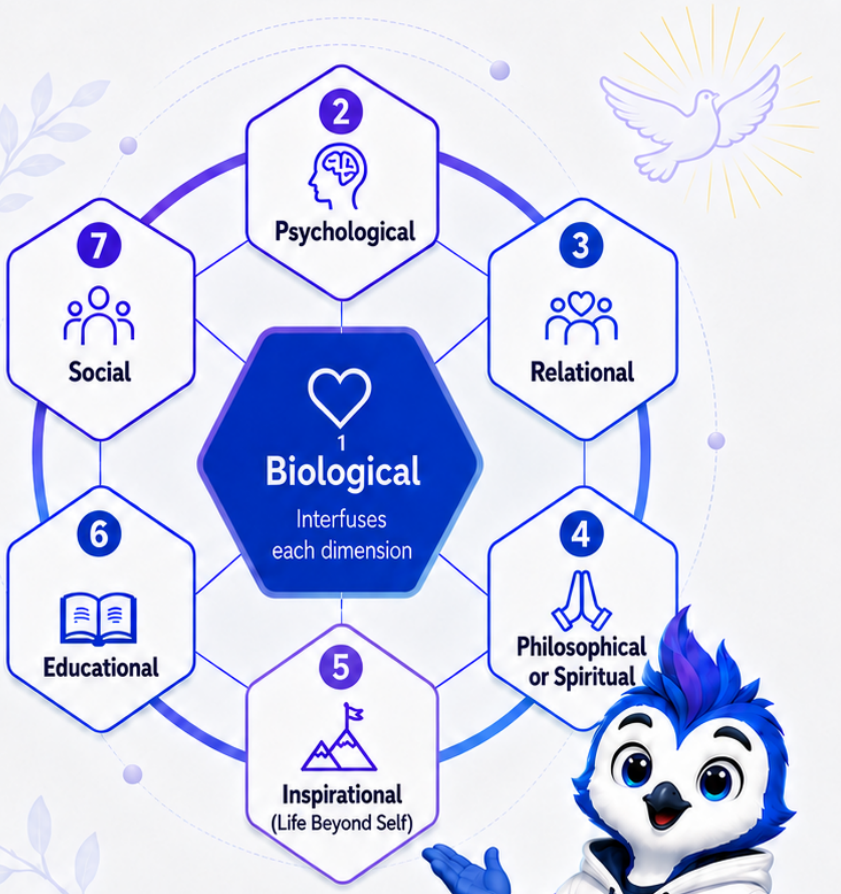
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#MentalHealth365 #MentalHealthEveryDay #MentalHealthAwareness #WellBeing #EveryBodyEverywhere

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Introducing 7-DTL

Seven Dimensions of Transformational Living



Wellbeing is not one-dimensional. 7-DTL reminds us that growth happens across every part of life—body, mind, relationships, faith, learning, work, and community. Each week, Milo's Weekly Connection highlights small steps that nurture lasting wellbeing and meaningful family connection.

> **"Microchange leads to substantive change."**
> — *Edward L. De La Loza*

Small, intentional steps can lead to lasting benefits throughout life.



Milo's Weekly Connection begins with Week 1.

Mental Health Every Day for *Everybody — Everywhere.*

Learn more and explore the full series at **Milo365.com**

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Helpful tools for reflection, connection, and skill-building

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2. Not therapy, counseling, diagnosis, treatment, or crisis intervention
3. Use alongside appropriate professional, school, or family support when needed
4. Using these materials does not create a professional relationship with Mental Health 365, Inc.
5. If you or a child/student need personalized help or are in crisis, contact a qualified professional. In an emergency call 911, 988, or local emergency services.



See the full post for the complete Terms of Use & Educational Disclaimer.

READ THE FULL TERMS

Milo Materials: Terms of Use & Educational Disclaimer

Please review before using or sharing Milo materials.

1 Purpose of These Materials

Milo handouts and related materials are provided by Mental Health 365, Inc. for educational, reflective, and skill-building purposes only. They are not intended to provide mental health advice, diagnosis, treatment, therapy, counseling, crisis intervention, or individualized professional care.

2 How They May Be Used

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3 When to Seek Help

If you or your child/student have concerns about mental health, safety, behavior, trauma, self-harm, or emotional distress, please consult a qualified mental health professional, healthcare provider, school counselor, or appropriate support service. In an emergency or crisis, call 911, 988, or your local emergency/crisis service immediately.

For educational use only • Not therapy or crisis support

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Mental Health Every Day for Everybody — Everywhere.

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WEEK 1 of 7

Week 1: Nature, Movement, and Calm

7-DTL Focus: Biological

Microchange leads to substantive change.

Summer is a great time for parents to help children build closeness, regulation, and wellbeing through small intentional moments.

Purpose for Parents

- The biological dimension supports connection through rest, movement, outdoor time, breathing, hydration, and calming the nervous system.
- When children feel safe and regulated in their bodies, they can learn, play, and connect more easily.

Weekly Connection Activity

Nature Walk + Notice Together

1. Go outside for 20–30 minutes together.
2. Notice 5 things you see, hear, or feel.
3. End with 3 slow breaths together.

Try This

1. Do a morning stretch together.
2. Pack a picnic or snack and eat outside.
3. Create a bedtime wind-down with no screens for 20 minutes.

Conversation Starters

- What helps your body feel calm?
- What did you notice outside today?
- When do you feel most peaceful?

7-DTL Benefits This Week

- Calmer nervous system
- Better emotional regulation
- Stronger parent-child closeness
- Healthier summer routines

This Week's Microchange

This week our family will spend _____ minutes outside together on _____ days.



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WEEK 2 of 7

Week 2: Feelings, Curiosity, and Emotional Safety

7-DTL Focus: Psychological

Microchange leads to substantive change.

Children grow when parents make space for emotions, curiosity, and honest conversations.

Purpose for Parents

- Emotional safety helps children name feelings and learn coping skills.
- When children feel understood, they are more open, calm, and resilient.

Weekly Connection Activity

Feelings Check-In + Curiosity Time

1. Each person names one feeling.
2. Ask what shaped that feeling.
3. Choose one question to explore together.

Try This

1. Use feeling words at dinner.
2. Draw a simple feeling thermometer.
3. Praise questions as much as answers.

Conversation Starters

- What feeling visited you today?
- When did you feel brave or worried?
- What helps you feel safe telling the truth?



7-DTL Benefits This Week

- Bigger emotional vocabulary
- Stronger confidence
- More psychological safety
- Better parent-child trust

This Week's Microchange

This week we will name one feeling together each day for _____ days.

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WEEK 3 of 7

Week 3: One-on-One Time and Secure Attachment

7-DTL Focus: Relational

Microchange leads to substantive change.

Strong relationships grow when parents create focused time, warm attention, and dependable presence.

Purpose for Parents

- Special one-on-one time strengthens connection and trust.
- Children who feel seen and heard often show more cooperation and confidence.

Weekly Connection Activity

20-Minute Special Time

1. Let your child choose the activity.
2. Follow their lead without correcting.
3. End by naming something you loved about the time together.

Try This

1. Take a short walk and listen more than you talk.
2. Do a simple child-led game.
3. Leave a kind note in their room or lunch.

Conversation Starters

- What makes you feel loved?
- What was your favorite part of today?
- How can I be there for you this week?



7-DTL Benefits This Week

- Stronger secure attachment
- Deeper trust
- Better listening
- Less conflict

This Week's Microchange

This week I will spend _____ minutes of child-led time with my child on _____ days.

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WEEK 4 of 7

Week 4: Meaning, Values, Gratitude, and Awe

7-DTL Focus: Philosophical or Spiritual

Microchange leads to substantive change.

Children build depth and resilience when families talk about what matters, practice gratitude, and notice wonder.

Purpose for Parents

- Shared values help children develop meaning and character.
- Moments of awe and gratitude can calm stress and expand perspective.

Weekly Connection Activity

Wonder Walk + Gratitude Jar

1. Take a slow walk and notice something beautiful.
2. Each share one thing you are grateful for.
3. Write it down and place it in a jar.

Try This

1. Watch a sunset or stars together.
2. Read a short inspiring story.
3. Create 3 family values on a mini poster.

Conversation Starters

- What are you thankful for today?
- What made you say "wow" this week?
- What kind of person do you want to be?



7-DTL Benefits This Week

- Deeper meaning
- Stronger gratitude
- Greater resilience
- Wider perspective

This Week's Microchange

This week our family will share one gratitude together on _____ days.

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WEEK 5 of 7

Week 5: Dream Today, Shine Tomorrow

7-DTL Focus: Inspirational *(Building Hope, Confidence, and Purpose)*

Small encouragements can spark big growth.

Parents can turn everyday moments into encouragement that helps their child believe in who they are and who they are becoming.



Purpose for Parents

- Help children notice their strengths, interests, and unique gifts.
- Encourage confidence, hope, and a sense of purpose for the future.

Try This

1. Share one thing you admire about your child today.
2. Ask about a dream, goal, or hope they have for the future.
3. Celebrate courage, effort, kindness, and progress.

Weekly Connection Activity

Dream Forward Challenge

Explore:
Choose a dream, goal, or possibility to talk about together. What excites your child about it?

Imagine:
What strengths, values, and supports will help them grow toward it?

Take One Step:
Try one small action today — draw it, say it, plan it, practice it, or encourage it.



Conversation Starters

- What are you proud of today?
- What big dream is in your heart?
- What helps you feel brave when trying something new?

Big dreams begin with small moments of belief.
You and your child can reach for the stars!

7-DTL Benefits This Week

- Stronger self-confidence
- Greater hope and motivation
- Clearer sense of purpose
- Deeper parent-child connection
- More courage to try new things

This Week's Microchange

Ask your child one uplifting question and take one small step toward a dream together.

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WEEK 6 of 7

Week 6: Learning, Possibility, and Future Roles

7-DTL Focus: Educational

Microchange leads to substantive change.

Summer learning can help children discover interests, build confidence, and imagine the roles they may grow into one day.

Purpose for Parents

- Educational experiences help children explore strengths and interests.
- Small learning moments now can prepare them for professional roles in the future.

Weekly Connection Activity

Career Discovery Adventure

1. Choose a role your child wonders about such as astronaut.
2. Read or watch one age-appropriate resource about that role.
3. Act it out or create a mini project together.

Try This

1. Visit a library or museum.
2. Let your child teach you something new.
3. Create a mini poster about a future job.

Conversation Starters

- What would you love to learn more about?
- What kind of problems would you like to solve?
- What job sounds exciting to you and why?



7-DTL Benefits This Week

- More curiosity
- Stronger responsibility
- Greater confidence
- Readiness for future roles

This Week's Microchange

This week we will explore one future role for _____ minutes on _____ days.

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WEEK 7 of 7

Week 7: Belonging, Community, and Family Traditions

7-DTL Focus: Social

Microchange leads to substantive change.

Children thrive when families create belonging, practice kindness, and build traditions that connect them to others.

Purpose for Parents

- Social connection helps children feel that they belong.
- Traditions and community service build empathy, identity, and shared joy.

Weekly Connection Activity

Family Tradition or Service Moment

1. Choose one tradition or act of kindness.
2. Do it together.
3. Talk about who it helped and how it felt.

Try This

1. Host a family game night.
2. Help a neighbor.
3. Call or visit a relative or friend together.

Conversation Starters

- Where do you feel you belong?
- How can our family help others?
- What tradition should we keep or start?



7-DTL Benefits This Week

- Stronger belonging
- More empathy
- Healthier social skills
- Deeper community connection

This Week's Microchange

This week our family will practice one act of connection on _____ days.

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FINAL REFLECTION

Thoughtful Reflection & Keepsake Activity

A simple way to remember, celebrate, and carry this summer forward.

Microchange leads to substantive change.

At the end of this 7-week journey, take time to thank God, remember the moments you shared, and create a simple keepsake that honors your summer together.

Purpose for Grandparents

- Reflect on the growth, closeness, and faith you shared.
- Help your grandchild feel seen, cherished, and remembered.

Shared Keepsake Activity

Our Summer Connection Keepsake

1. Sit together with a journal or one sheet of paper.
2. Take turns answering the prompts below.
3. End with a blessing and sign your memory page.

Try This

1. Set aside 15–20 quiet minutes together.
2. Add a photo, drawing, or favorite memory.
3. Save your keepsake in a special place.

Reflection Prompts

- My favorite thing we did together was...
- One thing I learned about you is...
- One way God was with us this summer was...
- A tradition I hope we keep is...

Blessings of This Summer

- Stronger connection
- Shared memories
- Deeper gratitude
- Faith-filled family traditions

Grandparent Journal

- I noticed my grandchild growing in...
- I noticed myself growing in...
- My prayer for my grandchild is...

This Summer's Microchange

This week I will write one memory, speak one blessing, and choose one tradition to continue.



Closing Blessing

May God bless you and keep you. May you always know you are loved, you belong, and our shared summer is a gift.