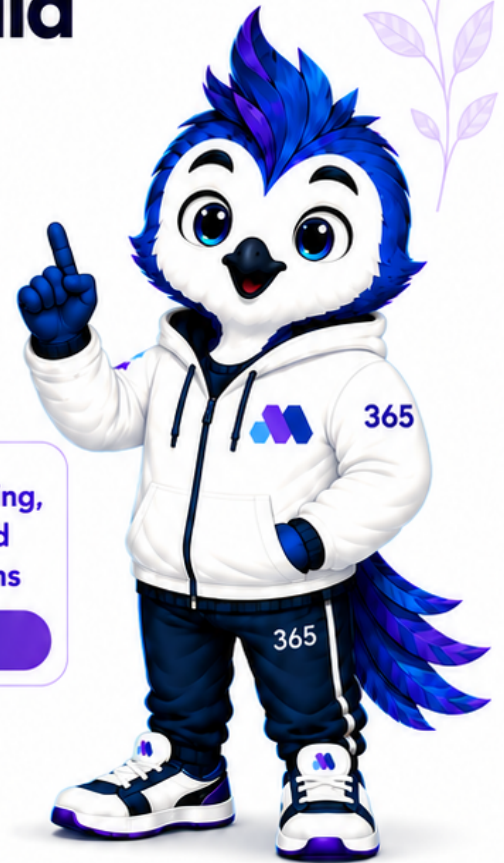


Grandparent + Grandchild Weekly Connection Keepsake-Journal

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



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



Week 7: Belonging, Community, and Family Traditions

7-DTL Focus: Social

1



Our Weekly Focus (7-DTL)

This week we focus on the **Social** dimension: growing belonging, friendship, kindness, and connection through family traditions, caring relationships, and community.

2

Together Check-In

How do we feel today?



Happy

☐


Calm

☐


Shy

☐


Excited

☐


Lonely

☐


Sad

☐

Today we may need:



Encouragement

☐


Listening

☐


Prayer

☐


Patience

☐


A Hug

☐


Time Together

☐

3

Small Microchange We'll Practice

This week, our small step is:

Practicing one small act of welcome or kindness and noticing one place we belong.



4



Opening Prayer Together

Dear God, thank You for the people who love us and the places we belong. Help us be kind, brave, and welcoming. When we feel shy, remind us we are not alone. Teach us to build caring friendships, honor family traditions, and share Your love in our community. Amen.



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Share One Small Moment

Something small that happened this week that helped us feel connected, included, or cared for:

Grandparent may write while your grandchild shares — perhaps saying, “I noticed your courage when you joined in, even in a small way. That matters, and I want to remember how you are learning to connect with others.” Or, “You do not have to be the loudest voice to make a loving difference. The way you listen, include, and show kindness helps friendships grow.”



6



Draw It!

Draw a picture of a caring friendship, a family tradition, or a time we helped someone feel included.



7



Grandchild Space

My words:



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8



Faith Reflection & Prayer

This week's Scripture

*"A faithful friend is a sturdy shelter;
he who finds one finds a treasure."*

— Sirach 6:14



What does this mean to us?



9



Gratitude & Blessing

We are grateful for:

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

Let's pray a blessing for our week together:

Lord, thank You for family, friends, and community. Bless our conversations, kindness, and time together. Help us notice who may need welcome, be gentle with those who feel shy or left out, and grow friendships that are caring and true. Keep our hearts close to You and to one another. Amen.



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10



Today's Shared Microchange

Today, we will: _____

How it helps: _____



11



Belonging + Friendship Note

One kind thing we did today or one way we felt included or connected:

A large, empty rectangular box with a blue border, intended for writing a note. In the bottom right corner of the box, there is a small blue line drawing of three hearts.

God made us for community.
When we welcome others, share traditions, and practice kindness, we grow in friendship, empathy, and joy.



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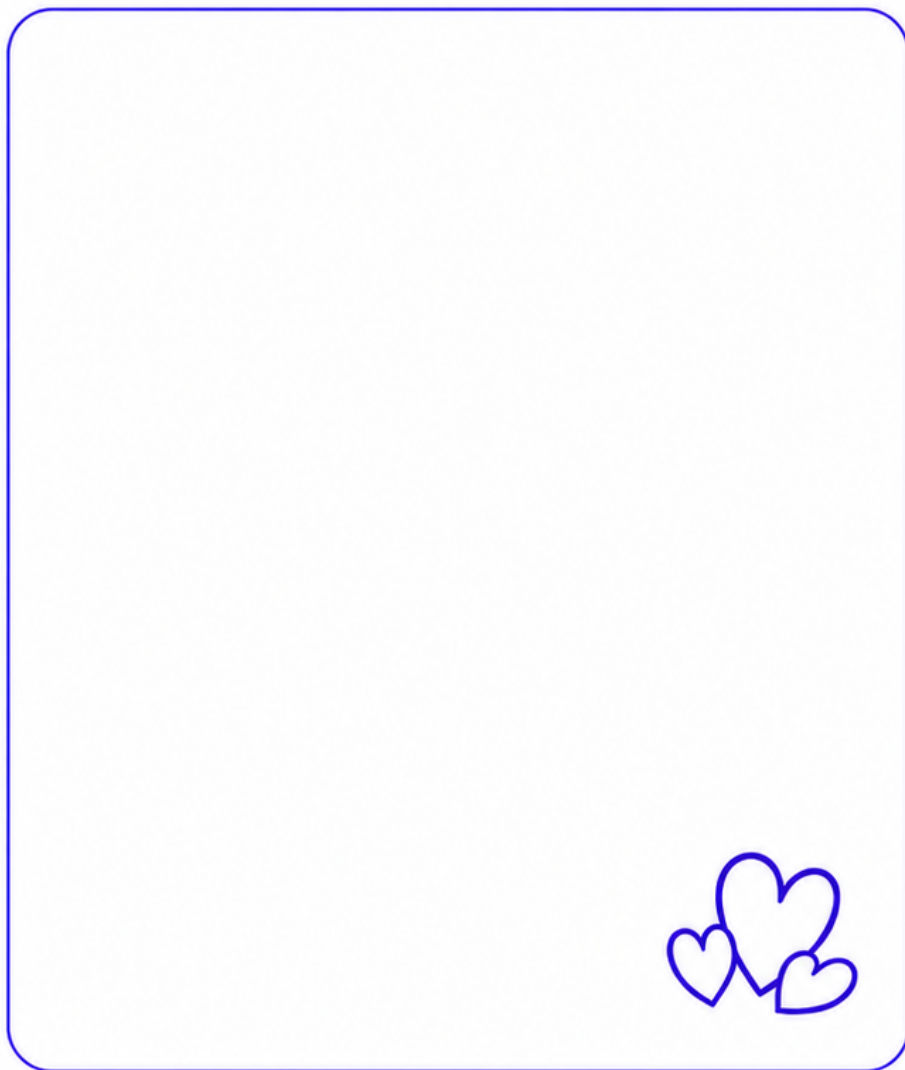
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12



Our Week 7 Memory

A picture of us this week!



One word that describes our week together:

_____ 
Thank You, God, for this week! 



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