

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 3: Love,
Listening, and
Belonging**

7-DTL Focus: Relational



1



Our Weekly Focus (7-DTL)

This week we focus on the
Relational dimension: building
love, trust, kindness, and
belonging through
caring connection.

2

Together Check-In

How do we feel today?



Happy

☐


Okay

☐


Lonely

☐


Excited

☐


Worried

☐


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:

*Offering one caring question and
one kind response each day.*



4



Opening Prayer Together

Dear Jesus, help us love one another
with patient hearts. Teach us to listen
well, speak kindly, and notice each
person as a gift. Bless our time
together and grow love in our family.
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, “Wait! Say that again. You are so thoughtful, and I want to remember your words. Let me write that down.” Or, “Your feelings and ideas matter to me. Thank you for sharing them with me.”

6



Draw It!

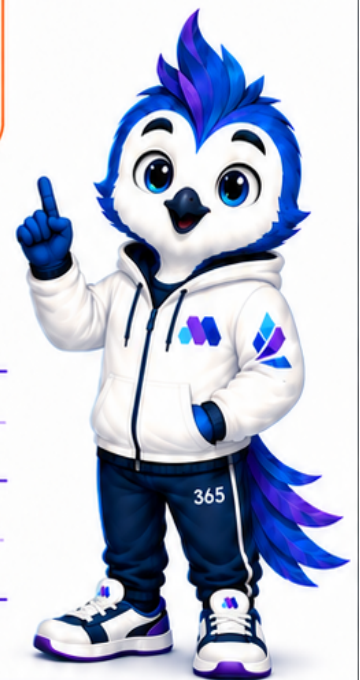
Draw a picture of a loving moment, a kind action, or a time we felt close and cared for.

7



Grandchild Space

My words:



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2

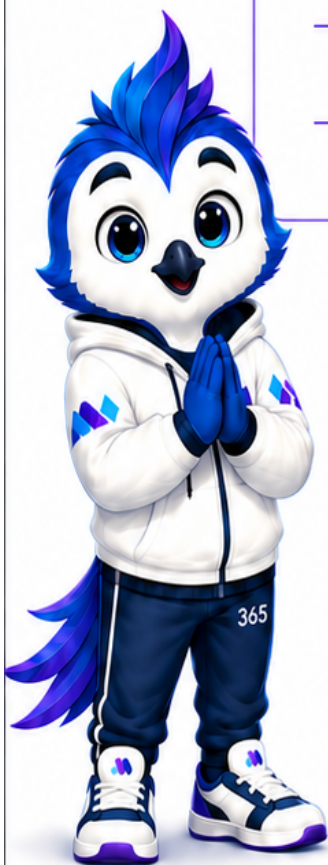
8 Faith Reflection & Prayer

This week's Scripture

*"Dearly beloved, let us love one another,
for charity is of God."*

— 1 John 4:7

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 family with love, patience, and understanding. Help us be gentle with one another, quick to forgive, and grateful for our time together. Keep our hearts close to Yours and to each other. Amen.



10



Today's Shared Microchange

Today, we will: _____

How it helps: _____



11



Love + Listening Note

One caring moment or kind word we noticed today:



God made us for relationship.
When we listen with love and treat
one another with kindness, we grow
in trust, joy, and peace.



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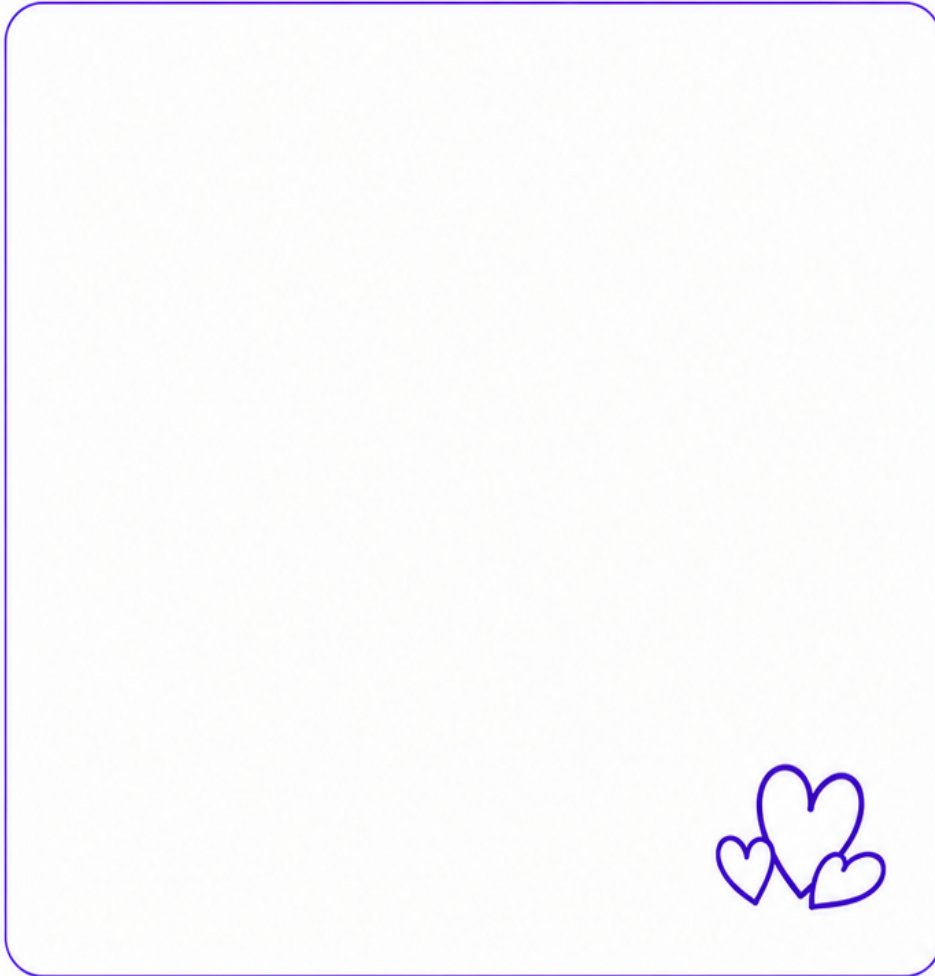
4

12



Our Week 3 Memory

A picture of us this week!



One word that describes our week together:

Thank You, God, for this week! 



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5