



# BILLY'S PLACE

## FAMILY TIME FUN

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

### This year...

A new skill I'd like to learn:

A good deed I'm going to do:

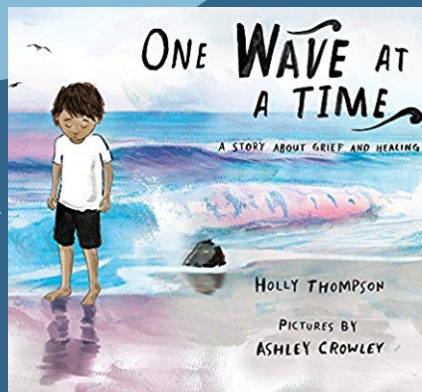
A person I hope to be more like:

I'm going to do better at:

I'm going to spend more time on:

I'm going to think more about:

### BILLY'S BOOK CORNER



One Wave at a Time is a book about grief. Kai has lost his father and is adjusting to life without him. Throughout the book, Kai feels anger, sadness, fear, etc. But with the help of friends and family, Kai learns how to cope with the death. This is a great book for children who are going through their grief and need help to process their feelings.

## JANUARY 2021 NEW YEAR, NEW CHALLENGES

### NEW YEAR TIME CAPSULE

Supplies: Paper, markers or pens, a shoe box, wrapping paper

A New Year Time Capsule is a box that will include some information about each family member that you will open the following New Year's Eve.

Here is a list of things you can include.

All About You: height, weight, photo, favorite food, etc.

Past years accomplishments: New job, learned to ride bike, new tradition, etc.

A memory of your special person.

Goal for this year.

Letter to your future self.

Special objects.

Put all the items in a box. Wrap it and label it. Then tuck it away somewhere safe. Open it at the end of the year on New Year's Eve. Looking back on the year helps us see how far we have come and gives us hope. Looking ahead to the new year challenges us to set goals and and move forward.



# Table Talk

While around the table, discuss how each person felt this past year regarding your special person. Questions you can ask to start the conversation could be: how often did you think about your special person? What do you miss most about your special person? What's your favorite memory with your special person?

After each family member has had a chance to share, come up with a couple resolutions that you, as a family, can work on this year. By talking about resolutions, you can work together throughout the year to stick with them.

Throughout the month of January, talk about your resolutions and whether or not you are sticking to them!

