



FAMILY TIME FUN

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

This year...

A new skill to learn:

A good deed 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:

JANUARY 2022 NEW YEAR, NEW CHALLENGES

NEW YEAR TIME CAPSULE

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

You will need paper, markers/pens, a box, and wrapping paper. Feel free to put whatever you want in the time capsule but here are a few ideas.

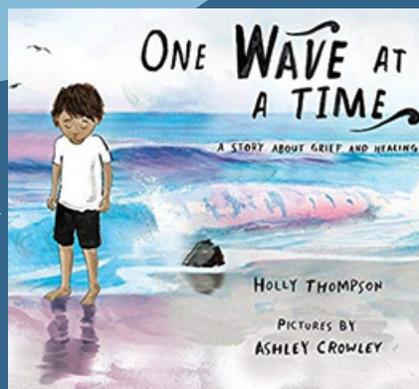
- All About You: height, weight, photo, favorite food, etc.
- Past years accomplishments: New job, learned to ride bike, new tradition, etc.
- A memory of your special person.
- Goal for this year.
- Letter to your future self.
- Special objects.

Put all the items in the box. Wrap it and label it. Then tuck it away somewhere safe. Open it the following New Year's Eve.

Looking back on the year gives us hope by seeing how much we have grown and overcome. Looking ahead to the new year challenges us to set new goals for ourselves and families.



BILLY'S BOOK CORNER



One Wave at a Time is a book about a boy named Kai who is adjusting to life after the death of his father. Throughout the book Kai feels many emotions including anger, sadness, and fear. 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 grieving and need help processing their feelings.

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, you may as a family come up with a couple of resolutions that you can accomplish together this year. Periodically, throughout the year talk about your family resolutions and assess how they are coming along.

