



# BILLY'S PLACE

## FAMILY TIME FUN

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

### Negative to Positive

**What is a recent upsetting experience you have had? Think of three things that are good about that experience. Write those things down.**

**If you begin to get upset about that experience, go back and read the good things about that experience.**

**When we choose to see the good in things it helps us to be able to let go of the bad feelings and makes room for more positive ones.**

MAY 2020  
MINDFUL MAY

### WORRY BALLOON ART

You will need a balloon, a large piece of paper, small strips of paper and markers.

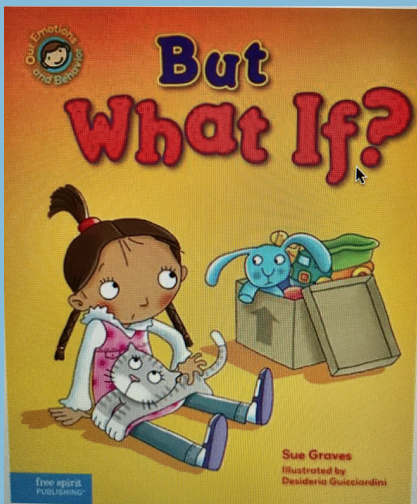
First have your child draw their hand in the bottom left hand corner of their paper.

On the strips of paper help your child write down some of their worries. Now put the strips of paper with their worries into the balloon

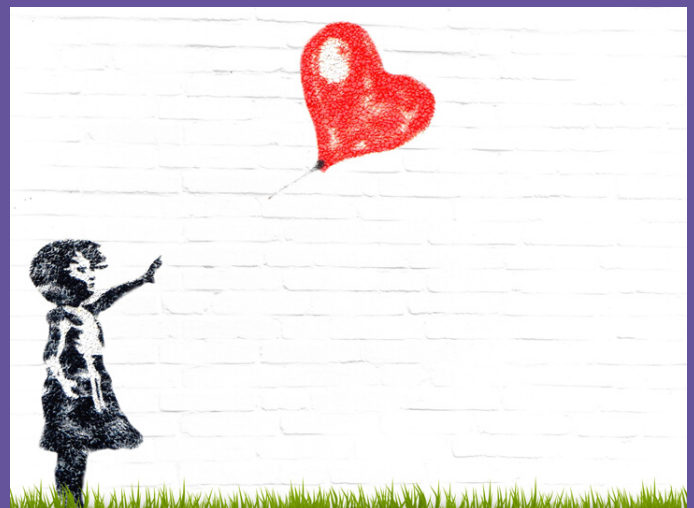
Blow up the balloon and tape in the upper right hand corner of the paper.

Write at the bottom of the paper "I can choose to let my worries go."

### BILLY'S BOOK CORNER



Daisy's family is moving, and Daisy is very worried. What if she doesn't like her new home? What if her cat runs away? What if her new teacher isn't nice? A conversation with her grandpa helps Daisy learn that many worries don't come true—and if one does, someone will be there to help her solve the problem.



# Table Talk



When everyone is around the table, talk about how that there are things in our lives that we can control and there are things that we cannot control. It can be very helpful to recognize these things. What are some things you can't control? Some examples would be; how others treat me or when someone dies. What are some things you can control? Some examples are; being kind, asking for help, the friends I choose.

(1) Discuss how letting go of the things we cannot control can help us feel free from negative emotions.

*Billy's Place*

21448 N. 75th Ave. Suite 5  
Glendale, AZ 85308

[www.billysplace.me](http://www.billysplace.me)  
623.414.9838  
[info@billysplace.me](mailto:info@billysplace.me)

