## WHAT IS ENTAINED REPORTANTED

## WHAT IS IMPORTANT TO ME?

This is a family activity to help everyone understand how each other are feeling, especially at times when there are a lot of changes going on in family life.

EACH MEMBER OF THE FAMILY COMPLETES STEPS 1-5

Write down a team name (could be your surname or something you all have made up) and your own name. Look at their changes and think
Look at their changes you can let go,
about what things you can make
and what is important to keep,
and what is important and what changes you can
and what changes you can
(see examples).

Think about the changes
Think about the changes
and losses you are
and losses you are
these
and write these
experiencing and write
experiencing and write
down (see examples).

interrupt a spoon (nobody can about the loss or change.

Tell the rest of the family what you plan to do.

**TEAM** 

**NAME** 

**MY CHANGES ARE** 

THINGS THAT I CAN GIVE UP

THINGS THAT ARE IMPORTANT TO ME TO KEEP

**CHANGES WE CAN MAKE** 

