

WHAT IS IMPORTANT TO ME?

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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

1

Write down a team name (could be your surname or something you all have made up) and your own name.

4

Look at their changes and think about what things you can let go, and what is important to keep, and what changes you can make (see examples).

2

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

3

Hold a spoon (nobody can interrupt a person holding the spoon!) and say what is hard about the loss or change.

5

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

TEAM

NAME

MY CHANGES ARE

THINGS THAT I CAN GIVE UP

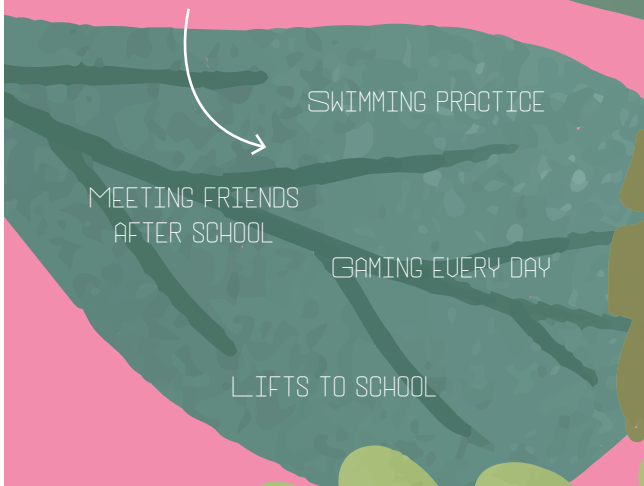
THINGS THAT ARE IMPORTANT TO ME TO KEEP

CHANGES WE CAN MAKE

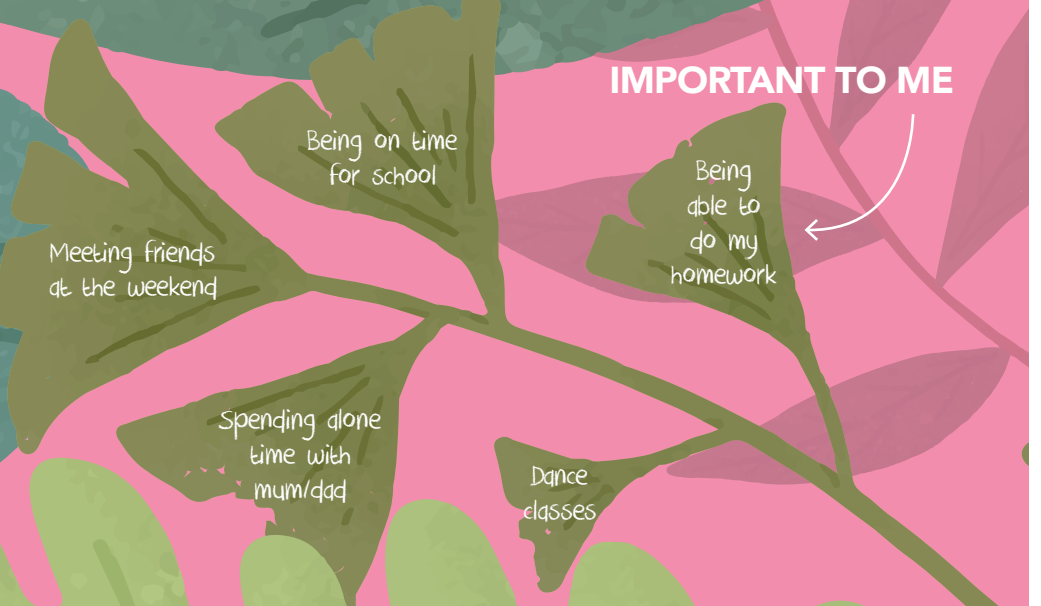
CHANGES & LOSSES



I CAN GIVE UP



IMPORTANT TO ME



WHAT CAN WE CHANGE?



TEAM BADGES TO CUT OUT

