

Linked Together

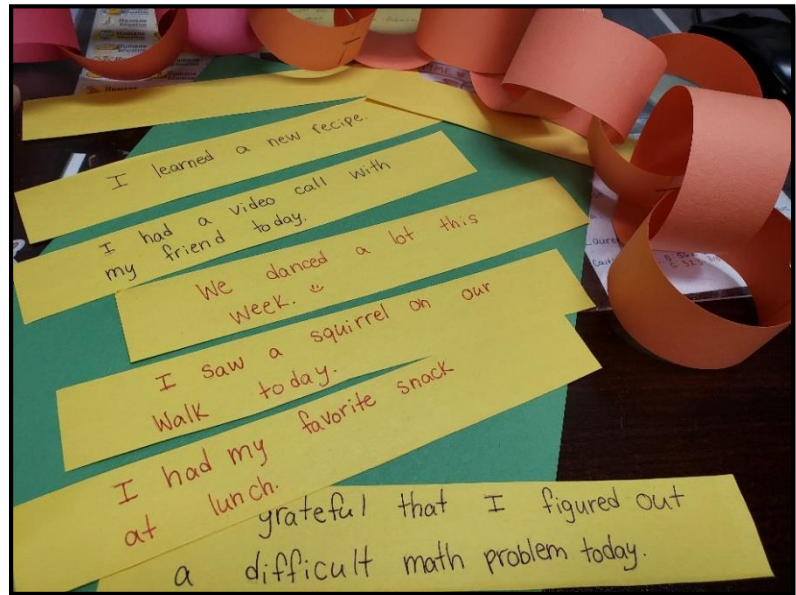
This is a simple activity meant to give families a chance to share and practice gratitude together. Although understandable, it is too easy to feel overwhelmed by the number of stressful events or experiences we encounter on any given day. Taking a moment to pause and focus on something that you are grateful for, no matter how big or small, is a useful practice for fostering resiliency in ourselves and our families. This activity can be done daily, weekly, or in whatever timeframe you decide works best for your family. It will ultimately help serve as a visual reminder of the good you have been able to acknowledge and build upon together.

MATERIALS:

- Paper (preferably colored)
- Scissors
- Glue or stapler
- Pen, pencil, or marker
- Small container

PREPARATION:

Cut a sheet of paper into strips. A standard 8.5" x 11" sheet of paper makes about 8 strips, cutting the short way across. Keep these readily available.



PROCEDURE:

- At the end of each day (or your chosen time frame), ask each person in the family to share and write down their answer the following question on one strip of paper: *"What is one thing you are grateful for, one good thing that happened, or one thing you accomplished today?"* If you have a pet, ask the family to think about how that pet would answer the question and write out a strip for them too!
 - Examples: "I had a video call with a friend." "We saw a squirrel on our walk." "I had my favorite snack." "Buddy (the dog) enjoyed playing fetch." "I figured out a difficult math problem."
 - As an alternative, you may choose to go with one answer that...

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...the whole family agrees on each time, pick different family members to answer each time, have each family member answer for themselves as described above, or any combination thereof.

Play with what feels right for you and your family on any given day.

- Collect your strips in a small container. After you have acquired multiple answers, begin to link the strips of paper together. Create a paper chain by gluing or stapling one strip into a circle and then connecting the next strip through the last one and gluing or stapling it into a circle (see photos).



- Once you have the paper chain at a length you are happy with, hang it up somewhere in the home where everyone can see it! Over time, you will be able to see all of the good things that have happened as your connected links grow.

