| Month 1 | Week #1 | Name two people you are thankful for  
Who helped you today? |
|---|---|---|
|   | Week #2 | What is something you own that makes life easier for you?  
What author or book series do you like reading? |
|   | Week #3 | Name two things you like about the current season of the year  
What do you like about your room/home? |
|   | Week #4 | What is your favourite quote/verse/saying?  
What game did you enjoy playing? |
| Month 2 | Week #1 | If you enjoyed going for a walk where would you like to walk?  
Name a place that you feel safe |
|   | Week #2 | My favourite aspect of my personality is?  
My favourite time of day is |
|   | Week #3 | A song I like to sing out-loud that would lift my mood is?  
The task at school/work that I enjoy the most would be |
|   | Week #4 | What do you like about your school/job?  
What do you like about being your current age? |
| Month 3 | Week #1 | What do you like about your family?  
What is your favourite holiday and why? |
|   | Week #2 | What do you like about your neighbourhood?  
What is a recent gift that someone gave you that you are now appreciating? |
|   | Week #3 | Name something that you made/bought recently that you are now enjoying?  
What is a lesson you learned that has helped recently? |
|   | Week #4 | Name a favourite toy/tool/gadget that you couldn't live without?  
What is your family’s favourite vacation or getaway place? |

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